

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a workshop was organised on the 8th May, 2023, for the students of Inderprastha Dental College and Hospital in auditorium of the college. The yoga instructor, Mr. Chander Prakash Gupta along with his team, took yoga session with great dedication. The students and staff members participated with full interest, enthusiasm and eagerness.

The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, BhujangAsana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students and staff members.

The Principal, Dr Rahul Paul, motivated the staff and students and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. The session concluded with an interactive session between the instructor and the students and staff of the college, in which the queries of the teachers were addressed satisfactorily. The session was very refreshing, reviving and relaxing

Dental students took active part in Yoga Program