

YOGA TRAINING ORGANIZED AT SHAIKH COLLEGE OF EDUCATION



Shaikh College of Education organized ten day training session for the students and associates of Shaikh Group of Institutions. The session began with yoga demonstration by performing various asana's like suryanamaskar, Tadasana, Vriksasa, Ardha Chakrasana, Padmasana etc. The event was supported by Mrs. Indira Sutar, Principal, Shaikh College of Education.

Addressing the gathering emphasized the need of practicing yoga and adopting a natural lifestyle which is essential to get rid of increasing obesity and other diseases among students. She emphasized the importance of yoga in modern life. She further said that yoga is very safe and can be safely practiced by anyone anytime even by children also to take it's all the benefits. "Yoga is beneficial to everyone and keeping this in mind, we have decided to start a yoga session in our college. This should keep it an ongoing process for students and staff," said Principal Mrs. Indira Sutar.

The session was conducted by Mr. Mukund Hirave, Physical Education Instructors at Shaikh College of Education. The session resulted in stress reduction and increase positive attitude. The students and staff performed yoga with great enthusiasm and enjoyed their initial step towards Yoga.

