

# Workshop on Balancing Chakras Meditation



MAHARASHTRA EDUCATIONAL SOCIETY'S

**HUMERA KHAN COLLEGE OF EDUCATION**

Oshiwara, Jogeshwari (W), Mumbai-400102

NAAC ACCREDITED GRADE "B"

**ORGANISES**  
**Under Women Committee Cell**

**THEME - STRONG WOMEN STRONG WORLD**

**BALANCING CHAKRAS**

Date: 08.03.25

Time: 10.00am

Venue: HKCE classroom



**EVENT FACULTY :**  
**DR. AVANI KANAKIA**

**PRINCIPAL:**  
**DR. MASARRAT ALI**

**Vision: Shaping the pupil teachers to shoulder the responsibility of shaping the future youth of the nation .**

**Date: 8<sup>th</sup> MARCH 2025**

**Principal:** Dr. Masarrat Saheb Ali

**Resource Faculty :** Dr. Avani Kanakia

**Introduction:**

On the occasion of International Women’s Day, Humera Khan College of Education, under the Women Committee Cell, organized a special event titled “Strong Women, Strong World – Balancing Chakras” on March 8, 2025, at 10:00 AM in the HKCE classroom. The session was conducted by Dr. Avani Kanakia, an expert in yoga and holistic well-being, under the guidance of Principal Dr. Masarrat Ali. The event aimed to empower women by promoting mental, emotional, and physical balance through the concept of chakras and their alignment.

**Objective:**

- To encourage women to harness their inner strength by understanding and balancing their chakras.
- To help participants achieve overall well-being by aligning their energies through yoga, meditation, and mindfulness techniques.
- To inspire women to cultivate resilience, confidence, and harmony in both personal and professional aspects of life.
- To promote mental, emotional, and physical balance, enabling women to handle stress effectively.
- To create awareness about self-care and holistic wellness, emphasizing its importance in daily life.

**Significance:**

This session was significant in the context of International Women’s Day, emphasizing the importance of women’s mental and emotional health alongside physical fitness. In today’s fast-paced world, women often juggle multiple responsibilities, leading to stress and imbalance. By integrating yoga and chakra balancing techniques, this event highlighted the need for self-care and inner peace, reinforcing the idea that a strong woman contributes to a strong society.

**Content of the Session:**

- The session covered various aspects of chakra balancing, focusing on physical, emotional, and mental well-being through yoga and meditation.
- Dr. Avani Kanakia provided an insightful introduction to the seven chakras, explaining their significance in maintaining overall health and stability.
- Participants from SYB.Ed. and FYB.Ed. engaged in guided yoga postures, breathing exercises, and mindfulness techniques designed to activate and align these energy centers.
- Special emphasis was placed on stress relief, emotional resilience, and enhancing concentration, which are essential for future educators. Additionally, the session included an interactive discussion where students shared their experiences and challenges related to maintaining balance in their academic and personal lives.
- Through practical demonstrations and group activities, the event successfully created a space for learning, self-reflection, and empowerment, ensuring that participants could implement these practices beyond the classroom setting.

**Learning Outcome:**

The session on “Balancing Chakras” provided participants with valuable insights into the connection between mind, body, and energy balance. By the end of the session, attendees developed a deeper awareness of how chakras influence emotional and physical well-being. They gained practical knowledge of yoga postures, breathing exercises, and meditation techniques that can be incorporated into daily routines to reduce stress and enhance focus. The event also fostered a sense of empowerment, encouraging women to prioritize self-care and inner harmony, which in turn contributes to their overall confidence and productivity. Furthermore, the session highlighted the importance of resilience and balance, reinforcing the idea that a strong and centered woman plays a crucial role in creating a strong society. Through this initiative, participants left with a renewed sense of mindfulness, motivation, and the ability to apply these holistic practices in their personal and professional lives.







