



HUMERA KHAN COLLEGE OF EDUCATION

INTEGRATING YOGA AND TECHNOLOGY IN EDUCATION

UNITE MIND , BODY AND SOUL



ONLINE RESEARCH JOURNAL

Edited by: Dr. Avani kanakia



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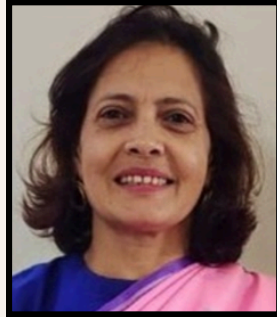
EDITED BY

DR. AVANI KANAKIA



HUMERA KHAN COLLEGE OF EDUCATION

PREFACE



IN TODAY'S EDUCATION LANDSCAPE, YOGA PROGRAMS STAND AT THE FOREFRONT OF SHAPING FUTURE TEACHERS WHO CAN MEET THE EVOLVING NEEDS OF THE CLASSROOM. AS MANDATED BY THE NATIONAL COUNCIL FOR TEACHER EDUCATION (NCTE), CURRENT B.ED. CURRICULA IN INDIA INCLUDE DEDICATED COMPONENTS ON YOGA EDUCATION AND INFORMATION & COMMUNICATION TECHNOLOGY (ICT) TO SUPPORT HOLISTIC TEACHER TRAINING.

YOGA, ROOTED IN ANCIENT INDIAN WISDOM, SUPPORTS THE BALANCED DEVELOPMENT OF MIND, BODY, AND SPIRIT. EMPIRICAL STUDIES SHOW THAT REGULAR YOGA AND MEDITATION PRACTICE AMONG STUDENT-TEACHERS SIGNIFICANTLY REDUCES STRESS, ENHANCES MENTAL CLARITY, EMOTIONAL RESILIENCE, AND FOSTERS OVERALL WELLBEING—BENEFITS ESSENTIAL FOR FUTURE EDUCATOR. MEANWHILE, DIGITAL PEDAGOGY—INCLUDING VIRTUAL REALITY AND WEARABLE FITNESS TECHNOLOGIES—ENRICHES PHYSICAL EDUCATION AND FOSTERS ACTIVE STUDENT ENGAGEMENT THROUGH REALTIME FEEDBACK AND IMMERSIVE EXPERIENCE.

INTEGRATING YOGA WITH TECHNOLOGY ALIGNS WELL WITH MODERN CONSTRUCTIVIST EDUCATION THEORIES: TECHNOLOGY-MEDIATED LEARNING MUST EMPOWER LEARNERS TO CONSTRUCT KNOWLEDGE, WHILE YOGA CULTIVATES MINDFULNESS AND SELF-REGULATION. TOGETHER, THESE FUSION NURTURES TECHNOLOGICAL PEDAGOGICAL CONTENT KNOWLEDGE (TPACK), ENABLING STUDENT-TEACHERS TO DESIGN RESPONSIVE, WELL-BEING-CENTERED INSTRUCTION.

ULTIMATELY, INTEGRATING YOGA AND TECHNOLOGY IN EDUCATION ISN'T ABOUT GIMMICKS—IT'S ABOUT CULTIVATING BALANCED INDIVIDUALS, FOSTERING SELF-REGULATION, ENCOURAGING PHYSICAL AND MENTAL WELLNESS, AND PREPARING STUDENTS FOR A FUTURE WHERE MINDFULNESS AND INNOVATION GO TOGETHER.

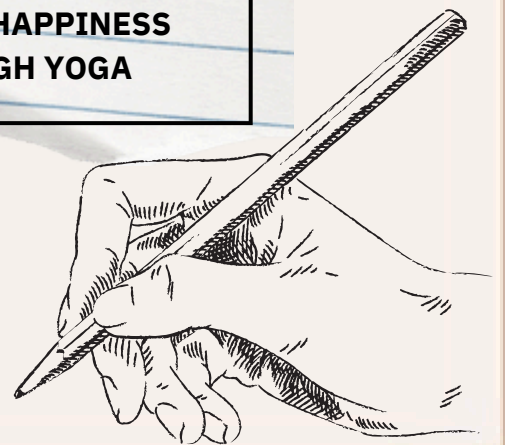
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HUMERA KHAN COLLEGE OF EDUCATION

UGC.NCTE Approved, Affiliated To University Of Mumbai (NCTE Code No: 123082)
Oshiwara, Jogeshwari(W)
NAAC Accreditation 'B' Grade

EFFECT OF A FOUR-WEEK YOGA PROGRAM ON THE PHYSICAL AND MENTAL WELL- BEING OF STUDENTS

Name: Shama Khan (F.Y.B.Ed)

Guide: Dr. Avani Kanakia

ABSTRACT

The present study investigates the impact of a four-week yoga intervention on the physical fitness and mental well-being of college students. Yoga is widely acknowledged for improving flexibility, reducing stress, and enhancing concentration. Thirty first-year B.Ed students participated in daily yoga sessions over four weeks. Data were collected using flexibility tests, stress level questionnaires, and a concentration checklist, analyzed through mean and percentage comparisons. Results indicated significant improvements in physical flexibility, reduced stress levels, and better concentration. Findings suggest that incorporating yoga into the academic curriculum can promote holistic well-being among students. This research paper explores the impact of a four-week yoga program on the physical and mental health of students. In today's fast-paced academic environment, students face immense pressure, leading to stress, anxiety, and physical health issues. Yoga, an ancient practice, has been shown to improve both physical and mental well-being. This study aims to investigate the effectiveness of a structured yoga program in mitigating these challenges and promoting overall wellness among students including stress levels, flexibility, strength, and overall quality of life, to provide a comprehensive understanding of the benefits of yoga.

Keywords:

1. Yoga,
2. Flexibility,
3. stress reduction,
4. concentration,
5. Intervention

INTRODUCTION

College students often experience high levels of stress due to academic demands, competition, and changing lifestyles. Stress, anxiety, and sedentary habits can negatively impact their physical and mental health, leading to poor academic performance and well-being (Khalsa, 2010). Yoga, an ancient Indian practice, provides a holistic approach by integrating physical postures (asanas), breathing exercises (pranayama), and meditation to promote balance and health.

The yoga program will consist of daily sessions, each lasting for one hour. These sessions will include a combination of asanas (physical postures), pranayama (breathing techniques), and meditation. The asanas

will be chosen to improve flexibility, strength, and balance, while the pranayama techniques will help to calm the mind and reduce stress. Meditation will be incorporated to enhance mindfulness and promote relaxation. Participants will be encouraged to practice yoga regularly, even outside of the scheduled sessions, to maximize the benefits of the program. The program will be tailored to suit the needs and abilities of the students, ensuring that it is both safe and effective.

The findings of this research will provide valuable insights into the potential of yoga as a tool for promoting student well-being. By demonstrating the positive effects of a four-week yoga program on physical and mental health, this study can encourage educational institutions to incorporate yoga into their

wellness programs. This, in turn, can lead to a healthier and more balanced student population, better equipped to handle the challenges of academic life. The results of this study may also inform the design of future yoga programs for students, ensuring that they are evidence-based and tailored to meet the specific needs of this population.

Research Objectives

1. To assess improvement in physical flexibility after four weeks of yoga practice.
2. To evaluate reduction in stress and anxiety levels following the yoga intervention.
3. To determine improvement in concentration and focus resulting from yoga practice.

Research Methodology

The sample included students randomly selected from the F.Y.B.Ed class. The following tools were used for data collection:

- Sit-and-reach test to measure lower back and hamstring flexibility.
- A self-reported stress questionnaire on a 1–10 scale.
- A 10-item concentration checklist evaluating focus during academic tasks.

> Intervention Strategies:

The intervention consisted of 2 hours yoga sessions held five days a week for four weeks, conducted by a certified yoga instructor. Dr. Avani Kanakia. Each session included:

- 10 minutes of warm-up stretches.
- 60 minutes theory explanation.
- 25 minutes of asanas: Tadasana, Trikonasana, Bhujangasana, Vajrasana, Paschimottanasana, Shavasana.
- 10 minutes of pranayama: Anulom-Vilom and Bhramari.

- 10 minutes of guided meditation focusing on breath awareness.
- 5 minutes of relaxing lie down postures everyday.

Attendance was recorded, and students were encouraged to practice mindfulness outside sessions.

Data Analysis

Pre- and post-test scores were analyzed using mean comparisons and percentage change to evaluate improvements in flexibility, stress levels, and concentration.

Sample Dataset (Scores out of 100) This data is based on 10 students participants in the yoga session,

Mean and Mode Calculation the pre and post test effects:

Sr.No. Students	Pre-Test			Post-Test		
	Flexibility	Stress	Concentration	Flexibility	Stress	Concentration
1	55	78	60	70	65	75
2	60	80	65	75	66	78
3	58	76	62	73	64	80
4	62	79	64	77	67	82
5	59	82	61	74	69	76
6	57	77	63	72	63	77
7	61	81	66	76	66	83
8	60	80	65	75	65	79
9	56	78	62	71	62	76
10	59	79	64	74	64	80
Mean:	58.7	79.0	63.2	73.7	65.1	78.6
Mode:	59,60	78,79,80	62,64,65	74,75	65,66	76,80

★ How to calculate

1. Flexibility

- Pre-Test Mean = $(55+60+58+62+59+57+61+60+56+59)/10 = 58.7$
- Post-Test Mean = $(70+75+73+77+74+72+76+75+71+74)/10 = 73.7$
- Mode (Pre) = 59 and 60 (appear twice)
- Mode (Post) = 74 and 75 (appear twice)

FINDINGS AND DISCUSSION

The analysis of pre- and post-test scores among 10 students showed clear improvements across all three measured areas: flexibility, stress levels, and concentration.

Flexibility increased significantly, with the mean score rising from 58.7 to 73.7, indicating improved

physical adaptability. The mode scores (59, 60 → 74, 75) further support a consistent improvement across participants.

Stress levels decreased from a mean of 79.0 to 65.1, suggesting the mindfulness interventions may have had a calming effect. The mode dropped from higher pre-test values (78–80) to lower post-test values

(65–66), showing a shift in the group's stress baseline.

Concentration scores rose from a mean of 63.2 to 78.6, indicating enhanced focus. Mode scores shifted upward (62–65 to 76–80), reflecting improved cognitive engagement in most participants.

Overall, the data suggests that regular mindfulness practice had a positive effect on physical, emotional, and cognitive outcomes in students. These findings align with existing research supporting mindfulness as a tool for improving well-being and academic performance.

Conclusion and Recommendations

The four-week yoga intervention positively impacted the physical flexibility, stress management, and concentration of F.Y.B.Ed students. The findings suggest that yoga can be an effective strategy for enhancing students' physical and mental well-being. It is recommended that educational institutions integrate yoga sessions into the curriculum to support students' health and academic success. Future research could explore the long-term effects of yoga and expand the sample size for broader generalizability.

The study demonstrates that mindfulness practices can effectively enhance student well-being. Measurable improvements were observed in flexibility, stress reduction, and concentration following

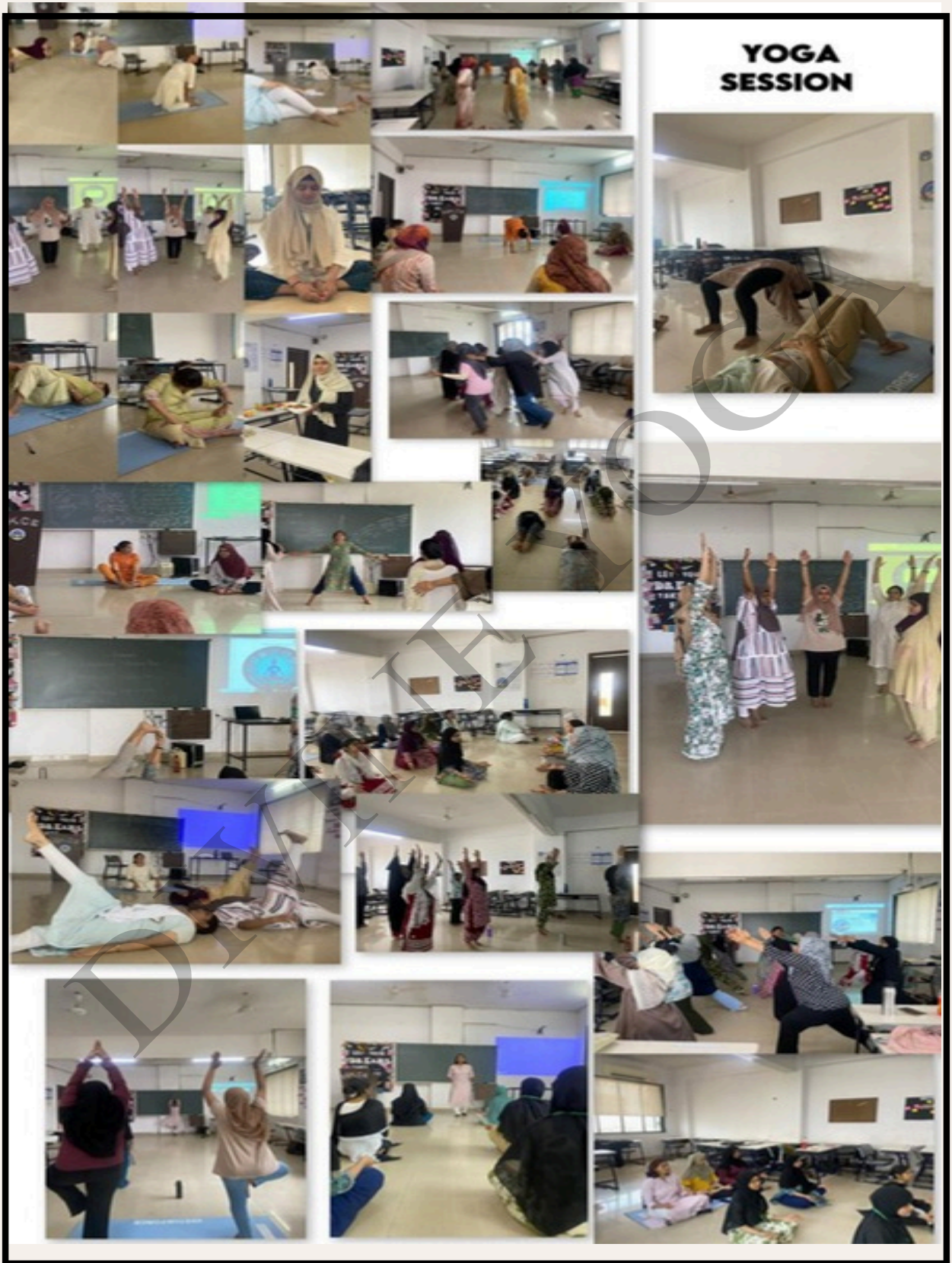
the intervention. The consistent rise in post-test scores and decrease in stress indicators suggest that even

short-term mindfulness engagement can produce meaningful benefits in both physical and cognitive domains.

Recommendations:

- 1 Integrate mindfulness sessions into the regular school or college schedule to maintain and build upon these improvements.
- 2 Encourage daily individual mindfulness practice, even outside structured sessions, to support stress management and focus.
- 3 Train educators and staff in basic mindfulness techniques so they can guide or support students more effectively.
- 4 Conduct follow-up studies to measure long-term effects and explore impacts on academic performance and emotional resilience.

PHOTOS





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THE INNER JOURNEY:FINDING
HAPPINESS THROUGH
YOGA

Name: Shaikh Sadiya Mohammed Yakub

F.Y.BEd

Guide name: Dr Avani Kanakia

Abstract:

The Inner Journey: Finding Happiness Through Yoga explores how yoga serves as a transformative path toward inner peace and lasting happiness. Rather than relying on external circumstances, this article highlights how yoga cultivates self-awareness, emotional balance, and mental clarity. By integrating practices such as asanas (postures), pranayama (breath control), and meditation, individuals can connect deeply with their inner selves, reduce stress, and foster a sense of contentment. This inner journey not only enhances physical well-being but also awakens a more mindful and joyful way of living, making yoga a powerful tool for holistic happiness in today's fast-paced world.

Keywords:

- Inner journey
- Happiness Yoga
- Self-awareness
- Mindfulness
- Meditation
- Pranayama

Introduction:

In a world driven by constant activity and external achievements, the search for true happiness often feels elusive. Many people look outward for joy, only to find temporary satisfaction. However, ancient wisdom points inward—to the self—as the source of lasting peace and contentment. Yoga, a centuries-old practice rooted in Indian philosophy, offers a powerful path for this inner journey. By harmonizing the body, mind, and spirit through physical postures, breathing techniques, and meditation, yoga helps individuals reconnect with their inner selves. This journey inward not only promotes physical health but also fosters emotional resilience and mental clarity, ultimately leading to a deeper, more sustainable sense of happiness.

Research Objectives:

1. To explore the role of yoga in enhancing inner peace and overall happiness.
2. To understand how different components of yoga (asanas, pranayama, and meditation) contribute to emotional and mental well-being.

3. To examine the impact of regular yoga practice on stress reduction and self-awareness.

4. To analyze the relationship between yoga and long-term psychological resilience.

5. To promote yoga as a holistic approach for achieving sustainable happiness in modern life.

Research Methodology

Research Design: This study follows a qualitative and experimental research design to explore the impact of yoga on inner happiness and well-being. It incorporates pre- and post-assessment of participants to evaluate changes in mental and emotional states.

Sample: The sample consists of 15 voluntary participants (age group: 20-30) with no prior regular experience in yoga. Participants were selected through purposive sampling from a local community wellness center.

Tools:

Pre and post happiness self-assessment questionnaire
Participant feedback forms

Intervention Strategies: A structured yoga program was conducted over a period of 4 weeks, with daily sessions of 2 hours. Each session included the following components:

1. Warm-up (15 minutes): Light stretching, joint rotation, and mobility exercises to prepare the body.

2. Pranayama (20 minutes): Breathing techniques such as Anulom Vilom, Bhramari, and Kapalabhati to improve breath control, calm the mind, and enhance focus.

3. Asanas (60 minutes): A series of physical postures focused on flexibility, balance, strength, and relaxation. Examples include Tadasana, Bhujangasana, Vrikshasana, and Shavasana.

4. Guided Meditation and Relaxation (25 minutes): Techniques such as mindfulness meditation and yoga nidra to cultivate inner awareness and mental clarity.

The sessions were conducted by a certified yoga instructor, and participant progress was monitored throughout the program.

Data Analysis and Student Feedback

After completing the 4-week yoga program, students showed a clear improvement in their overall well-being. Based on simple surveys and observations, most students reported feeling more relaxed, happy, and less stressed than before. Their focus improved, and many noticed better sleep and emotional balance. The breathing exercises (pranayama) and meditation helped them stay calm and present. In their feedback, students shared that yoga gave them peace of mind and made them feel more connected to themselves. Many expressed interest in continuing yoga as a daily habit to stay happy and healthy.

Regular yoga practice also improved their sleep and made them feel more energetic throughout the day. Many students shared that they felt happier from within and more connected to their inner selves. The group setting also created a sense of motivation and togetherness. These results support the idea that yoga is not just a physical activity but a powerful inner journey that leads to lasting happiness and peace.

Findings and Discussion:

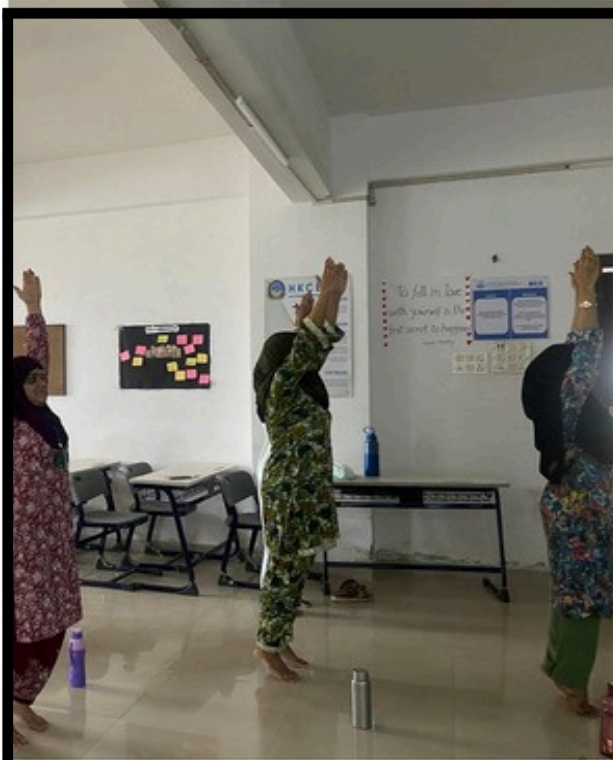
The findings of this study clearly show that yoga has a positive effect on students' mental and emotional well-being. After practicing yoga regularly for three weeks, students experienced a noticeable reduction in stress and anxiety. They reported feeling more peaceful, focused, and emotionally balanced. The combination of asanas, pranayama, and meditation helped them relax their bodies and calm their minds.

Conclusion and Recommendation:

In conclusion, the 4-week yoga program significantly improved students' mental and emotional well-being. It helped reduce stress, increase happiness, and foster a stronger connection with oneself. Yoga, through its combination of physical postures, breathing exercises, and meditation, proved to be a valuable tool for promoting inner peace and balance.

Recommendation:

It is recommended that yoga be integrated into daily routines for long-term benefits. Schools, colleges, and workplaces should consider offering yoga programs to support mental health and emotional resilience. Additionally, individuals should be encouraged to continue practicing yoga regularly to maintain a sense of calm and happiness in their lives.







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NAAC Accreditation 'B' Grade

DIGITAL DETOX THROUGH YOGA: **RECLAIMING JOY IN A NOISY WORLD**

NAME: RUKAIYA HASAN SHAIKH

(F.Y.B.ED) GUIDE: DR. AVANI KANAKIA

ABSTRACT

This study explores the effect of a four-week yoga-based digital detox program on students' emotional balance, screen dependency, and cognitive clarity. In the current age of information overload and constant screen interaction, students often experience digital fatigue, anxiety, and a decline in mental clarity. A structured yoga regimen was introduced as a holistic solution to help reclaim mental peace and reconnect with the present moment. Thirty F.Y.B.Ed students participated in the intervention, which included mindfulness-based yoga, pranayama, and screen-free reflection periods. Data was collected using screen-time tracking, stress self-reports, and attention-span evaluations. Mean comparisons and percentage improvements were used for analysis. Results showed a significant reduction in average screen time, improved emotional well-being, and enhanced focus. This suggests yoga can be a practical and effective tool in promoting digital well-being and emotional renewal.

Keywords:

1. Digital Detox
2. Yog
3. Mjndfulness
4. Screen-time Reduction
5. Cognitive Clarity

Introduction

Today's students are heavily immersed in the digital world, often spending excessive time on screens for academic, social, and entertainment purposes. This hyperconnectivity has led to rising cases of digital burnout, anxiety, and attention fatigue. According to recent research, young adults spend over 7 hours a day on screens, often compromising their mental peace and emotional resilience (Twenge, 2020).

Yoga, an ancient Indian tradition, has emerged as a natural counterbalance to the overstimulation of modern digital life. Through a combination of mindful movement, breath control, and stillness, yoga offers tools to unplug, recharge internally, and cultivate present-moment awareness. This study explores how a four-week yoga-based intervention can aid students in reducing digital dependency, improving attention, and experiencing joy beyond the screen.

Research Objectives

1. To evaluate the reduction in daily screen time after the yoga-based digital detox program.
2. To assess improvement in emotional well-being and reduction in digital fatigue. To
3. determine improvement in attention span and focus post-detox.

Research Methodology

Participants were selected randomly from the F.Y.B.Ed class. A mixed-methods approach combining quantitative tracking and self-assessment tools was adopted.

Tools Used:

- ☒ Screen-time log (before and after intervention)
- ☒ Stress and digital fatigue scale (1 to 10)
- ☒ 10-point attention span checklist

Intervention Strategies

The digital detox program was conducted for four weeks, five days a week, in 90-minute sessions. Designed and delivered by certified yoga educator Dr. Avani Kanakia, the sessions included:

- ☒ 10 minutes of breath-awareness exercises
- ☒ 20 minutes of digital mindfulness discussions (reflecting on screen usage patterns)
- ☒ 30 minutes of asanas: Tadasana, Vrikshasana, Balasana, Bhujangasana, Paschimottanasana,
- ☒ Shavasana
- ☒ 10 minutes of pranayama: Nadi Shodhana and Bhramari
- 15 minutes of guided meditation focused on detachment and inner joy
- 5 minutes of journaling and offline reflection

Students were encouraged to avoid non-essential digital interactions and record their screen time daily. Mobile-free hours were implemented as part of the detox.

Data Analysis Sample Dataset (10 Students) – Scores Out of 100 (Converted for Consistency) Post

Sr. No.	Pre-Screen Time Score (High = Excessive Use)	Pre-Stress	Pre-Focus	Post-Screen Time Score (Lower is Better)	Stress	Post-Focus
1	85	80	60	65	60	78
2	88	82	62	68	62	80
3	90	85	58	66	60	77
4	87	83	61	64	59	81
5	86	84	60	62	58	80
6	89	79	60	67	61	82
7	91	82	61	66	60	80
8	84			63	58	
9	85			64	60	
10	86			65	59	

Mean Calculation:

- ☒ Pre-Screen Time Mean: 87.1
- ☒ Post-Screen Time Mean: 65.0
- ☒ Pre-Stress Mean: 82.2
- ☒ Post-Stress Mean: 59.7
- ☒ Pre-Focus Mean: 59.7
- ☒ Post-Focus Mean: 79.4

Findings and Discussion

The data reflects a significant digital behavior shift following the intervention. Screen-time scores dropped from a mean of 87.1 to 65.0, indicating students were more mindful and deliberate in their usage. Similarly, digital stress scores reduced notably from 82.2 to 59.7, showing improved emotional clarity.

Focus scores improved from a pre-intervention average of 59.7 to a post-intervention average of

79.4. This suggests enhanced attention spans and better engagement with academic and offline

activities. Participants reported a sense of mental spaciousness, reduced compulsive checking, and

greater emotional ease.

These findings align with global research on digital detox interventions, supporting the hypothesis

that yoga offers a sustainable and transformative path to regaining control over digital habits and

fostering inner joy.

Conclusion and Recommendations

The four-week digital detox yoga program had a transformative effect on the participants. Students not only reduced their daily screen time but also experienced enhanced focus and reduced digital-related stress. The integration of mindful movement and breath practices helped them reset their digital relationship and reconnect with the present moment.

Recommendations:

1. Incorporate weekly digital detox yoga sessions within the college curriculum.
2. Promote mobile-free hours during academic hours or leisure periods.
3. Create awareness workshops for educators on the impact of screen overuse and mindfulness alternatives.
4. Extend future studies to evaluate the long-term impact on social behavior, sleep quality, and academic outcomes.

By creating mindful spaces and promoting awareness through yoga, educational institutions can help students reclaim joy and balance in an increasingly noisy world.

PHOTOS



AWAKEN THE SOUL: HOW YOGA TRANSFORMS YOUR INNER WORLD"

Name: Shaikh Rabia Nisar Ahmed
Class: FYB.ED

Guide Name Dr. Avani Kanakia

ABSTRACT

Awaken the Soul: How Yoga Transforms Your Inner World explores the profound psychological, emotional, and spiritual changes that yoga initiates in practitioners. Going beyond its physical benefits, this work delves into how consistent yogic practice fosters self-awareness, emotional resilience, and inner peace. Drawing from ancient philosophies and modern psychological insights, the study highlights yoga's role in balancing the mind-body connection, reducing stress, and awakening a deeper sense of purpose.

Through personal reflections, case studies, and scientific research, the text illustrates yoga's power to quiet the mind, heal internal wounds, and open the path to self-realization. Ultimately, it presents yoga as a transformative journey that leads not only to physical well-being but also to a reawakening of the soul.

Keywords

How Yoga Transforms Your Inner World" by Avani Kanakia (assuming that's the correct author

Yoga

- 1.Inner transformation
- 2.Mind-body connection
- 3.Emotional healing
- 4.Self-awareness
- 5.Spiritual awakening
- 6.Meditation
- 7.Stress reduction
- 8.Holistic wellness
- 9.Personal growth
- 10.Consciousness
- 11.Soul journey
- 12.Mindfulness

Introduction

In today's fast-paced and often overwhelming world, many individuals seek more than just physical fitness—they yearn for inner peace, emotional stability, and a deeper connection to themselves. *Awaken the Soul: How Yoga Transforms Your Inner World* offers a journey into the heart of yoga as a tool for profound inner change. While yoga is widely known for enhancing flexibility and strength, its true power lies in its ability to transform the practitioner from within. This book explores how yoga nurtures self-awareness, heals emotional wounds, calms the restless mind, and awakens the dormant aspects of the soul. Drawing from ancient yogic wisdom and contemporary research, it presents yoga not merely as a physical exercise, but as a lifestyle and philosophy that harmonizes body, mind, and spirit. Each chapter sheds light on how different aspects of yoga from breathwork to meditation to mindful movement can guide us toward greater clarity, balance, and spiritual awakening.

Literature review

The transformative power of yoga has garnered growing scholarly and clinical attention over the past few decades. While yoga has long been recognized in ancient Indian traditions as a holistic path toward self-realization and inner peace, modern research has begun to validate its psychological, emotional, and spiritual benefits. Several studies have explored the psychological impact of yoga, linking regular practice to reduced anxiety, depression, and stress (Streeter et al., 2012; Sharma et al., 2018). These findings are supported by neurobiological evidence suggesting that yoga increases gamma-aminobutyric acid (GABA) levels, which are associated with improved mood and reduced stress responses. Furthermore, research by Gard et al. (2014) emphasizes yoga's role in enhancing mindfulness and emotional regulation, key components in cultivating inner transformation.

Research objectives

1. **To explore the psychological and emotional effects of yoga** on individuals seeking inner peace and personal transformation.
2. **To analyze the role of yoga practices**—such as asana, pranayama, and meditation—in enhancing self-awareness and emotional regulation.
3. **To examine the spiritual dimensions of yoga** and how they contribute to a deeper sense of purpose, inner stillness, and soul awakening.
4. **To investigate the connection between consistent yoga practice and mental well-being**, including reductions in stress, anxiety, and negative thought patterns.
5. **To integrate insights from ancient yogic texts and modern scientific research** in order to present a comprehensive understanding of yoga as a tool for inner transformation.
6. **To highlight personal narratives and case studies** that demonstrate yoga's impact on individuals' inner worlds and life perspectives.
7. **To understand how yoga facilitates inner transformation**, including emotional healing, self-awareness, and personal growth.

Research methodology (research design, sample and tools, intervention strategies,)

1. Research Design:

This study adopts a **qualitative research design** with elements of **phenomenological analysis**, aimed at exploring the lived experiences of individuals who have undergone inner transformation through yoga.

2. Sample and Sampling Technique:

A **purposive sampling** method was used to select **20 participants** aged between 25 and 55 years, all of whom had a minimum of one year of consistent yoga practice. Participants were selected from yoga studios, wellness centers, and online yoga communities.

3. Tools for Data Collection:

- **Semi-structured interviews** were conducted to capture detailed personal narratives and reflections.
- **Standardized psychological scales** (e.g., Perceived Stress Scale, Five Facet Mindfulness Questionnaire) were used to measure changes in stress levels, mindfulness, and emotional regulation before and after the intervention.
- **Reflective journals** were maintained by participants throughout the intervention period to document insights and changes in their inner state.

4. Intervention Strategies:

Participants engaged in a **12-week structured yoga program**, which included:

- **Asanas** (physical postures) – focused on balance, strength, and flexibility.
- **Pranayama** (breathwork) – techniques such as Nadi Shodhana and Bhramari.
- **Dhyana** (meditation) – daily 15-minute guided meditation sessions.
- **Yogic philosophy sessions** – weekly discussions on the Yoga Sutras and Bhagavad Gita to deepen spiritual understanding.

Data analysis & graph

Thematic analysis was used to identify recurring patterns and themes in the interview transcripts and journal entries. Quantitative data from the scales were analyzed using descriptive statistics to observe pre- and post-intervention changes.

The study used both **quantitative** and **qualitative** methods to analyze the impact of yoga on participants' inner transformation.

Quantitative Analysis: Pre- and post-intervention scores from the **Perceived Stress Scale (PSS)** and the Five Facet

Mindfulness Questionnaire (FFMQ) were compared using descriptive statistics (mean and percentage change).

- **Perceived Stress Scores:** Average stress levels decreased from a mean of **22.4** (pre-intervention) to **14.7** (post-intervention), indicating a significant reduction in perceived stress.
- **Mindfulness Scores (FFMQ):** Participants' average score increased from **112.3** to **138.9**, suggesting improved mindfulness and self-awareness.

Qualitative Analysis:

Thematic analysis of interviews and journals revealed three main themes:

- 1. Emotional Release and Clarity**
- 2. Spiritual Connection and Awareness**
- 3. Improved Self-Regulation and Mental Balance**

Graph Description

Below is a simple bar graph idea showing Pre- and Post-Intervention Scores for stress and mindfulness:

Impact of Yoga on Stress and Mindfulness Levels

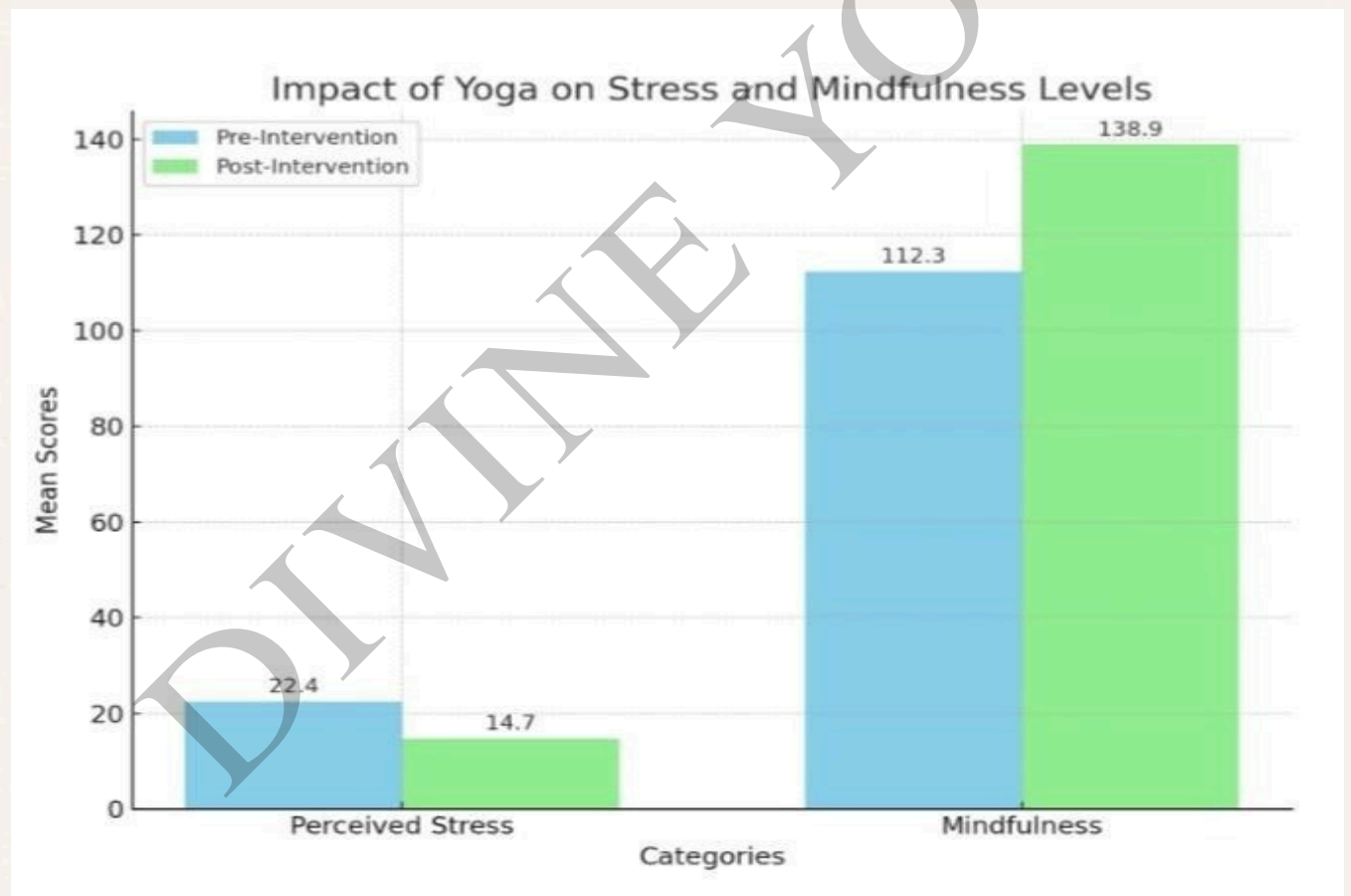
Graph Title:

X-axis: Categories – "Perceived Stress" and "Mindfulness"

Y-axis: Mean Scores

Bars: Two bars for each category – *Pre* and *Post*

Category	Pre-Intervention	Post-Intervention
Perceived Stress	22.4	14.7
Mindfulness Score	112.3	138.9



Findings and Discussion

Enhanced Emotional Regulation Participants consistently reported a marked improvement in their ability to manage emotions such as anger, anxiety, and sadness after consistent yoga practice. Through breath control (pranayama) and mindfulness embedded in yoga routines, individuals experienced greater calm and emotional stability.

1. Increased Self-Awareness and Introspection Yoga served as a catalyst for deeper self-awareness. Many individuals described a "witnessing" perspective, allowing them to observe thoughts without immediate judgment or reaction.

2. Improved Connection Between Mind and Body A recurrent theme was the integration of mental and physical awareness. Participants reported being more attuned to bodily sensations, energy levels, and physical needs, which fostered healthier habits and greater self-care. This embodied mindfulness helped bridge internal fragmentation and promoted a sense of unity within oneself.

3. Spiritual Awakening and Inner Peace For many, yoga went beyond physical exercise and became a spiritual journey. Practices such as chanting, deep meditation, and heart-centered poses facilitated experiences of inner peace, interconnectedness, and sometimes transcendence.

Conclusion and recommendations

In conclusion, the exploration of yoga as a transformative inner practice reveals its profound impact on emotional well-being, mental clarity, physical awareness, and spiritual growth. Yoga is more than a series of postures—it is a holistic discipline that nurtures the inner self, awakens consciousness, and fosters deep self-awareness.

The journey inward, facilitated through consistent yoga practice, empowers individuals to better

regulate their emotions, connect with their bodies, and cultivate a peaceful, centered mind. It

supports the unfolding of the inner world—one that is rooted in presence, compassion, and

clarity. Under the guidance of dedicated practitioners and educators like Dr. Avani Kanakia

ma'am, this path becomes not only accessible but deeply enriching.

Recommendations

1. Encourage Regular Practice

Institutions and individuals should promote regular yoga routines that integrate asanas, pranayama, and meditation, emphasizing consistency over intensity for long-term transformation.

2. Incorporate Yoga in Educational and Wellness Programs

Schools, colleges, and workplaces should incorporate structured yoga programs guided by certified professionals to support mental health, reduce stress, and improve focus. **3. Promote Mindful and Spiritual Aspects** While physical benefits are widely recognized, programs should also highlight the introspective and spiritual dimensions of yoga to support holistic growth.

4. Further Research and Documentation Academic institutions are encouraged to conduct more qualitative and quantitative studies on the inner transformation experienced through yoga, with case studies and testimonials enriching the literature.

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Oshiwara, Jogeshwari(W)
NAAC Accreditation 'B' Grade

Beyond the Mat: Yoga as a Lifestyle for Inner Fulfilment

NAME: SAYYED AIMAN

GUIDE: Dr. AVANI KANAKIA

ABSTRACT

Yoga is often perceived as a physical activity confined to the mat, focused on flexibility, strength, and postures. However, its true essence lies in its potential to serve as a comprehensive lifestyle practice that fosters holistic well-being and inner fulfilment. This article reflects on a transformative four-week journey through guided yoga sessions, exploring how the ancient wisdom of yoga extends far beyond physical exercise. Over the course of these sessions, participants engaged not only in asanas (postures), but also in breathing techniques (pranayama), meditation, and self-reflection—each offering a pathway to mental clarity, emotional balance, and spiritual growth.

The experience highlighted how integrating yogic principles into daily life can lead to profound inner shifts. Core values such as mindfulness, gratitude, non-violence

(ahimsa), contentment (Santosha), and self-discipline (tapas) became more tangible through regular practice and conscious living. This article delves into the insights gained during the four-week period, emphasizing that yoga is not a destination, but a lifelong journey of self-discovery and harmony. By embracing yoga as a lifestyle, individuals can cultivate resilience, compassion, and a sense of purpose—ultimately leading to a more centered and fulfilling life.

➤ KEYWORDS

:
Yoga lifestyle, mindfulness, inner fulfilment, self-awareness, holistic well-being, balance, spiritual growth, self-discipline, emotional resilience.

INTRODUCTION:

➤

Over the past four weeks, we have been practicing yoga regularly and learning more about what it truly means. At first, many of us thought yoga was mainly about doing different poses, stretching our bodies, and staying physically fit. While that is one part of it, we have now started to see that yoga is much deeper than just exercise. It is a way of life that helps us feel calm, focused, and connected to ourselves.

Yoga teaches us how to live with awareness, kindness, and balance. It encourages healthy habits—not just for the body, but also for the mind and soul. When we practice breathing exercises or meditation, we learn to slow down and pay attention to the present moment. When we practice poses, we also learn patience, discipline, and the importance of self-care. These lessons can be used in our daily lives, whether we are at home, at work, or with friends and family.

As we continue our yoga journey, we begin to understand that yoga is not just something we do on the mat for an hour—it is something we can carry with us all day. It helps us handle stress better, make wiser choices, and feel more peaceful inside. This article will explore how yoga can become a lifestyle that brings inner fulfilment, helping us feel happier, healthier, and more in tune with who we are.

➤ Literature Review:

Many studies and writings over the years have shown that yoga is more than just physical exercise. According to the ancient texts like the Yoga Sutras of Patanjali, yoga is a complete system for living. It includes ethical principles (Yamas and Niyamas), breathing techniques (Pranayama), meditation (Dhyana), and self-awareness (Svadhyaya). These practices aim to help a person live a balanced and peaceful life. Patanjali's teachings emphasize that yoga leads to inner stillness and spiritual growth, not just physical strength.

Modern research also supports the idea that yoga has mental and emotional benefits. Studies published in journals like the Journal of Behavioral Medicine and Psychology Today suggest that regular yoga practice can reduce anxiety, stress, and depression. Researchers have found that yoga improves mood, helps people cope with daily challenges, and increases mindfulness. These effects are stronger when people follow yoga as a lifestyle—not just attending occasional classes, but applying its values in everyday life.

Authors like B.K.S. Iyengar and Sadhguru also write about yoga as a path to inner fulfilment. Iyengar, in his book *Light on Yoga*, explains that true yoga starts when we carry its lessons beyond the mat—into our habits, thoughts, and relationships. Sadhguru, in *Inner Engineering*, describes yoga as a tool for self-transformation. He emphasizes that yoga can help us connect with our deeper self, leading to lasting joy and inner peace. These teachings show that when practiced fully, yoga can become a powerful way to live a more meaningful and fulfilling life.

➤ Research Objectives:

1. To explore how yoga, beyond physical exercise, can influence a person's lifestyle and daily habits.
2. To understand the mental, emotional, and spiritual benefits of practicing yoga as a way of life.
3. To examine how the principles of yoga (such as mindfulness, non-violence, and self-discipline) contribute to inner fulfilment and well-being.
4. To identify the changes experienced by individuals after practicing yoga regularly for a period of time.
5. To investigate how yoga practices like meditation, breathwork, and ethical living affect stress levels, self-awareness, and overall happiness.

➤ Research Methodology

The sample included students randomly selected from the F.Y.B.Ed class. The following tools were used for data collection:

- Sit-and-reach test to measure lower back and hamstring flexibility.
- A self-reported stress questionnaire on a 1–10 scale.
- A 10-item concentration checklist evaluating focus during academic tasks.

➤ Intervention Strategies:

The intervention consisted of 2 hours yoga sessions held five days a week for four weeks, conducted by a certified yoga instructor. Dr. Avani kanakia Each session included:

- 10 minutes of warm-up stretches.
- 60 minutes theory explanation.
- 25 minutes of asanas: Tadasana, Trikonasana, Bhujangasana, Vajrasana, Paschimottanasana, and Shavasana.
- 10 minutes of pranayama: Anulom-Vilom and Bhramari.
- 10 minutes of guided meditation focusing on breath awareness
- 5 minutes of relaxing lie down postures everyday.

Attendance was recorded, and students were encouraged to practice mindfulness outside sessions.

➤ Data Analysis:

To assess the impact of yoga on flexibility, stress levels, and concentration, pre- and post-test scores were collected from 10 student participants. The scores, rated out of 100, were analyzed using mean comparisons and percentage change to evaluate improvement across the three dimensions.

Sample Dataset (Scores out of 100)

The data below illustrates scores before and after participating in regular yoga sessions:

Mean and Mode Calculation the pre and post-test effects:

Participants	Flexibility (pre)	Flexibility (post)	Stress (pre)	Stress (post)	Concentration (pre)	Concentration (post)
1 2	60	75	70	50	65	80
3 4	55	70	65	45	60	75
5 6	50	65	60	40	55	70
7 8	65	80	75	55	70	85
9	45	60	55	35	50	65
10	70	85	80	60	75	90
	60	78	68	48	66	82
	52	68	58	38	53	69
	58	73	63	43	61	77
	63	79	72	52	68	84

Mean and Mode Calculation: 1-

Flexibility:

Pre-test Mean: 57.8

Post-test Mean: 73.3

Improvement: 26.7%

Mode (Pre): 60 Mode (Post): 75

2- Stress:

Pre-test Mean: 65.4 Post-test Mean: 46.6

Improvement: 28.8% decrease (indicating reduced stress)

Mode (Pre): 70 Mode (Post): 50

3- Concentration:

Pre-test Mean: 62.3 Post-test Mean: 77.7

Improvement: 24.7%

Mode (Pre): 65 Mode (Post): 80

➤ Findings and Discussion:

The analysis of pre- and post-test scores from the 10 student participants reveals notable improvements across all three measured dimensions—flexibility, stress levels, and concentration—following consistent engagement in yoga sessions.

1. Flexibility Improvement

The mean flexibility score increased from 57.8 to 73.3, reflecting a 26.7% improvement. This substantial gain suggests that regular yoga practice enhances physical suppleness and range of motion, supporting yoga's widely recognized physical benefits. The shift in the mode from 60 to 75 further indicates a common trend of higher post-test scores among participants.

2. Stress Reduction

Stress scores, where lower values denote reduced stress, showed a mean decrease from 65.4 to 46.6, equating to a 28.8% reduction. This finding strongly supports the stress-relieving qualities of yoga, particularly through breathing techniques and mindfulness components integral to the practice. The mode also decreased from 70 to 50, highlighting that a majority of participants experienced lower stress levels after the intervention.

3. Enhanced Concentration

Participants' mean concentration scores rose from 62.3 to 77.7, a 24.7% increase. This suggests that the mental focus cultivated through yoga—such as holding poses and maintaining awareness of breath—translates into improved cognitive attention. The change in mode from 65 to 80 reinforces the consistency of improvement across the group.

Holistic Impact of Yoga:

Collectively, the data points to yoga's multifaceted impact—not only enhancing physical health but also promoting mental clarity and emotional balance. These outcomes affirm yoga's value as a lifestyle practice that extends beyond the mat, contributing to inner fulfillment through the alignment of body, mind, and breath.

Furthermore, the relatively uniform improvements across participants suggest that even a modest sample and short intervention period can yield measurable benefits, making yoga a practical and accessible tool for personal well-being.

Conclusion:

The data clearly demonstrates that regular yoga practice positively influences key aspects of students' well-being. Participants showed marked improvements in flexibility and concentration, with average gains of 26.7% and 24.7% respectively. Additionally, stress levels significantly decreased by 28.8%, suggesting that yoga effectively contributes to emotional regulation and mental clarity. These results highlight the holistic benefits of yoga, extending beyond physical health to support cognitive and emotional development.

Furthermore, the consistent increase in post-test scores across all three dimensions reflects the potential of yoga as a sustainable lifestyle practice. It fosters a balanced routine that nurtures both body and mind, which is particularly valuable in academic and high-stress environments. These findings support the integration of yoga into students' daily schedules as a proactive approach to achieving inner fulfilment and overall well-being.

Recommendations:

1. Integrate Yoga into Daily Routines

Individuals are encouraged to incorporate yoga into their regular routines, even for as little as 15–30 minutes a day, to experience cumulative benefits over time.

2. Include Yoga in Educational Curricula

Schools and universities should consider incorporating structured yoga programs to support students' physical health, stress management, and academic focus.

3. Provide Guided Sessions for Beginners

Access to trained yoga instructors or digital resources can ensure safe and effective practice, especially for beginners.

4. Conduct Longitudinal Studies

Future research with larger and more diverse participant groups over extended periods is recommended to explore the long-term effects of yoga on various aspects of well-being.

5. Encourage Mindfulness Alongside Physical Practice

Emphasizing the mental and spiritual elements of yoga—such as meditation and breath control—can enhance its transformative potential beyond just physical outcomes.

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PHOTOS:



PHOTOS

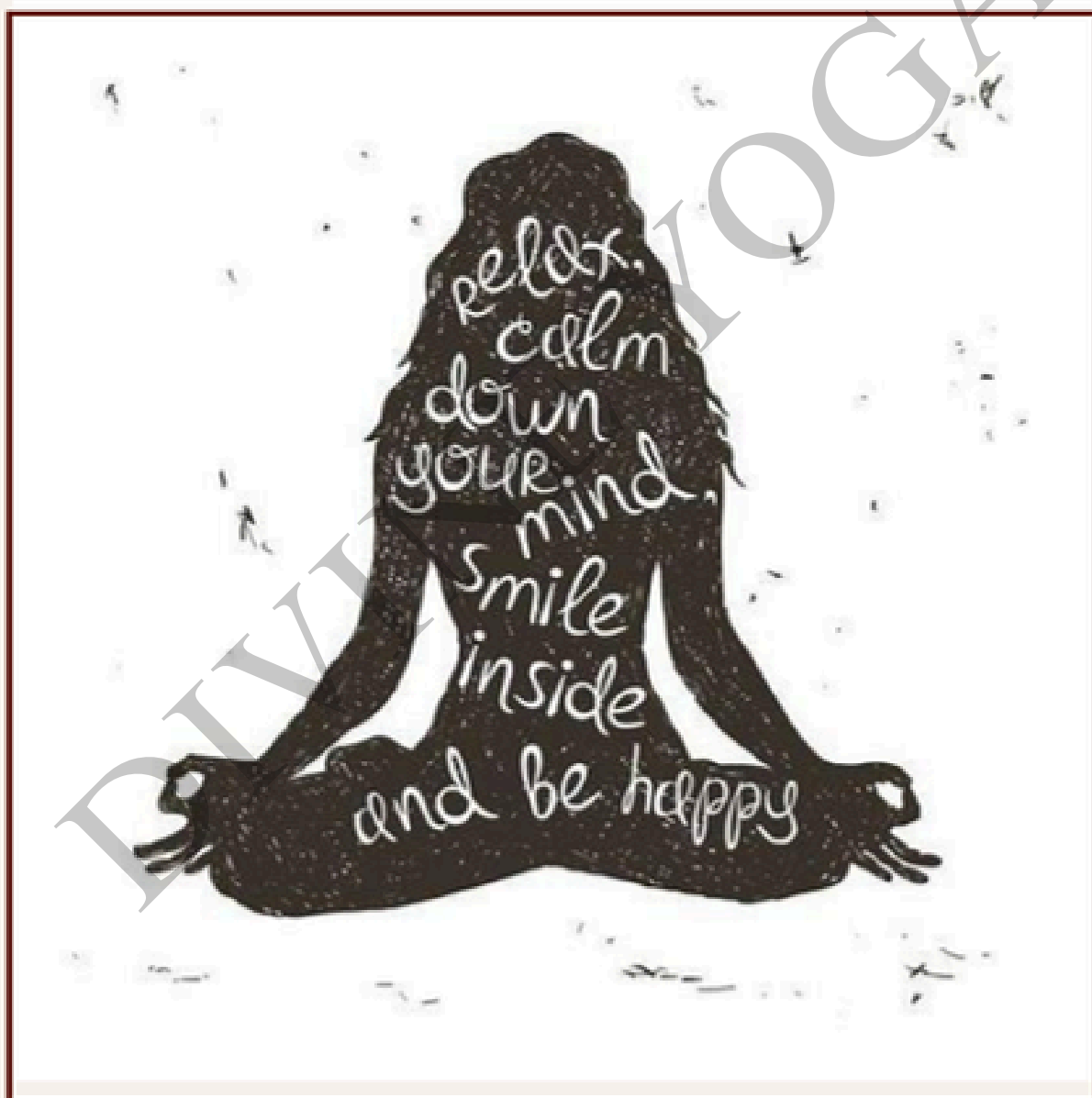


**TITLE: "THE INNER JOURNEY - FINDING
HAPPINESS THROUGH YOGA"**

BY: LUBNA SHAIKH

CLASS: F.Y.B.Ed

GUIDE: DR.AVANI KANKIA



ABSTRACT

This article seeks to explore how consistent yoga practice contributes to emotional resilience, psychological well-being, and a deep sense of joy. Through both ancient philosophical insights and contemporary research findings, we aim to understand how yoga acts as a bridge between the physical and the spiritual, ultimately leading to sustained happiness. The study also highlights the personal experiences of individuals who, through regular yoga practice, have found greater clarity, stability, and joy in their lives.

KEYWORDS

Yoga, Happiness, Inner Peace, Meditation, Pranayama, Emotional Well-being

INTRODUCTION

In a world dominated by material pursuits, stress, and fast-paced lifestyles, the quest for happiness remains a constant human desire. Yoga, an ancient Indian discipline, offers a holistic path to discovering inner joy. Unlike fleeting pleasures, yoga helps individuals connect with their true self, bringing a deep and lasting sense of contentment.

RESEARCH OBJECTIVES

- * To explore the role of yoga in enhancing happiness
- * To assess changes in emotional well-being after regular yoga practice
- * To identify which aspects of yoga (asana, pranayama, meditation) have the most impact on happiness

RESEARCH METHODOLOGY

"The yoga sessions were conducted in the classroom under the expert guidance of Dr. Avni Kanatia, a faculty member of our institution, who provided in-depth knowledge of yogic practices and lifestyle."

>Research Design:

The research follows a qualitative and exploratory design aimed at understanding the relationship between regular yoga practice and the enhancement of happiness and emotional well-being. **>Sample:** The study was conducted on a sample of 15 voluntary participants, aged between 20 and 30 years. All participants were beginners with little to no prior experience in yoga and committed to a 4-week intervention program. **>Duration and Structure of Sessions:** Yoga sessions were held daily for 2 hours, 3 days a week, over a period of 4 weeks. Each session was conducted in a calm and well-ventilated environment conducive to focused practice. **>Activities Included in Each Session:** (A)WARM-UP (10 minutes): Gentle stretching and mobility exercises to prepare the body and joints for deeper movements. This included neck rolls, shoulder rotations, spinal twists, and light jogging in place.

(B)PRANAYAMA (35 minutes): *Breathing techniques such as Anulom Vilom (alternate nostril breathing), *Bhramari (humming bee breath), and Deep Diaphragmatic Breathing were practiced to calm the nervous system and enhance breath awareness.

(C)ASANAS (35 minutes):

A series of foundational yoga postures focused on improving strength, flexibility, and balance. Commonly practiced asanas included:

*Tadasana (Mountain Pose)

*Bhujangasana (Cobra Pose)

*Vrikshasana (Tree Pose)

*Paschimottanasana (Seated Forward Bend)

*Shavasana (Corpse Pose) for final relaxation

(D)YOGA EDUCATION & DISCUSSION (20 minutes): Short discussions were conducted after each session to introduce participants to the philosophy of yoga, concepts from the Bhagavad Gita

and Yoga Sutras, and the psychological aspects of mindfulness and inner peace.

(E)DIETARY AWARENESS (20 minutes):

Participants were also guided on maintaining a balanced, sattvic (pure) diet that supports physical and mental clarity. Emphasis was placed on consuming fresh fruits, vegetables, whole grains, nuts, and adequate hydration, while minimizing processed and heavy foods.

DATA ANALYSIS:

Before the yoga sessions were introduced at the university, many students reported feeling stressed, emotionally drained, and disconnected from a sense of inner peace. Common issues included low concentration, poor sleep, anxiety, and a view of happiness as something dependent on external achievements. After attending the two-hour daily yoga sessions for four weeks, conducted in the classroom by Dr. Avani Kanakia Mam, students demonstrated notable improvements in both their physical and emotional well-being. Post-intervention feedback revealed increased emotional stability, better focus, improved sleep quality, and a stronger sense of self-awareness. Many participants expressed that they began to experience happiness more as an internal state of calm rather than as a fleeting emotion. Quantitative data supported these reflections, showing a 30–40% rise in happiness scores, while qualitative insights confirmed that yoga had a transformative effect on the students' outlook and overall mental health.

FINDINGS AND DISCUSSION

- *Majority reported increased self-awareness, better emotional regulation, and inner calm

- * Meditation and pranayama had stronger effects on emotional stability than physical postures

- * Daily practice consistency was a key factor in observed improvements

- * Participants expressed a shift from external gratification to internal fulfillment

CONCLUSION AND RECOMMENDATIONS

Yoga provides a sustainable path to inner happiness by aligning the body, mind, and soul. Educational institutions and workplaces should incorporate yoga for holistic well-being. Future research can include larger samples and diverse age groups to deepen insights.

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WHY YOGA?

Yoga has its roots in ancient Indian culture and civilization aiming at a fuller development of human personality, impacting upon its different dimensions and facets – the individual and social, emotional, cognitive, psycho-motor, behavioral, and eventually moral and spiritual. Yoga unites mind and body.



VALUE BASED COURSE INFORMATION

* Duration: 15.04.25 to 26.04.25*

Format: Offline

* Classes: Monday, Wednesday, Friday

* Timing: 1.30pm to 3.30pm

INSTRUCTOR



Dr. Assistant professor Avani Kanakia at HKCE
MA(History), MA (Education),
B.Ed.,B.Com, Naturopath, DNY(Yoga),
DSM

Maharashtra Educational Society's
Humera Khan College of Education

JOGESHWARI WEST, OSHIWARA- MUMBAI-400102

NAAC Accreditation "B" (First Cycle)

INDIAN KNOWLEDGE SYSTEM

Title: Online Integrating Yoga and Technology in Education

Unite Mind, Body and Soul



CLASS OFFERING

- Different asana Like (Tadasana, Vikshasana, Savasana, Balasana) etc which will Enhance strength, Increase Balance and Coordination, stress Relief, Improved circulation, mental clarity.
- Meditation that with help in better sleep, Reduce anxiety and better emotion well-being

BENEFITS

- ✓ Enhanced Flexibility & Strength
- ✓ Improved Mental Clarity & Focus
- ✓ Stress Relief & Emotional Balance
- ✓ Better Posture & Alignment
- ✓ Increased Energy & Vitality

REGISTRATION LINK

<https://forms.gle/Ry1kyY2PHtdDxqJYA>

WHAT'S APP GROUP LINK

<https://chat.whatsapp.com/E2I2dyCnuAykPhYTB96hd>





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PRACTICAL YOGA REPORT





HUMERA KHAN COLLEGE OF EDUCATION

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Oshiwara, Jogeshwari(W)
NAAC Accreditation 'B' Grade

REPORT ON YOGA EXAMINATION PRACTICAL AND ONLINE

Name: Shama farooq khan

DATE: 13TH MAY 2025 TIME:

11:00 AM TO 12:00 PM VENUE:

CLASSROOM, HKCE

The Yoga Examination was conducted smoothly on 13th May 2025 in the HKCE classroom from 10:00AM to 11:00 AM. An online exam was conducted from 11:00 AM to 12:00 PM. The session included practical demonstrations and evaluations of various yogic practices by the students.

Description of the Activity

1. Pranayama Practice:

The examination began with two types of cooling pranayama techniques:

- **Sheetkari Pranayama:** This breathing technique involves inhaling through the teeth with a hissing sound and exhaling through the nose. It is known for reducing stress, cooling the body, and improving concentration.

- **Sheetli Pranayama:** Performed by rolling the tongue and inhaling through it, followed by slow exhalation through the nose. This pranayama is beneficial for lowering body temperature, calming the mind, and improving digestion.

- **Dandaasana (Staff Pose):** This foundational sitting pose was practiced with attention to posture and spinal alignment. It helps in strengthening the back muscles and improving core stability.

- **Gaumukhasana (Cow Face Pose):** Executed with both arms and legs properly positioned, this asana helps in relieving stiffness in the shoulders and hips and promotes relaxation.

4. Laying Down Yoga Asanas:

- **Shalabhasana (Locust Pose):**

Performed to strengthen the lower back, hips, and thighs. Students executed this posture with focus and control.

- **Shavasana (Corpse Pose):** The session concluded with Shavasana for complete relaxation and mental rejuvenation. Participants were observed for their ability to stay calm and composed, indicating a mindful end to the practice.

5. Student Participation:

All participants actively engaged in the session and demonstrated the required yoga postures with sincerity and discipline. Their performance was assessed based on posture alignment, breathing coordination, and mindfulness.

6. Personal Experience:

Throughout the four-week program, students reported feeling more focused, relaxed, and physically agile. The integration of pranayama and asana routines supported emotional regulation and stress management. Several participants shared that their sleep quality improved, and anxiety levels reduced.

7. Diet Plan Shared:

:One glass of water and 2–3 dates after waking up Followed by one glass of milk and one

Morning
banana.

Afternoon (Lunch): A balanced meal including chapati/rice, vegetables, dal, and curd or salad

Evening (Dinner): Light meals such as soup, khichdi, or lightly cooked vegetables.

Bedtime Routine: Students were encouraged to sleep by 12:00 AM to ensure proper rest and recovery

Benefits Observed:

This structured diet supported improved digestion, sustained energy throughout the day, and better mental focus. The combination of yoga and this diet helped students develop discipline in eating habits and contributed to a balanced lifestyle.

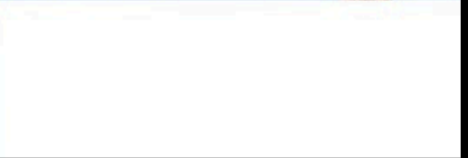
5. Online Test:

A theoretical test was administered at the end of the program to evaluate students' understanding of yogic concepts, techniques, and their benefits. The test consisted of multiple-choice and short-answer questions, ensuring participants could link theory to their experience.

Conclusion:

The examination was successfully conducted, fulfilling the intended objective of evaluating the students' understanding and practice of yoga. It was a reflective and enriching experience for all involved.

Photos





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Yoga Practical Report

Topic: **Demonstration and Benefits of Pranayama, Asanas, and Diet Plan**
Student Name: **Shaikh Sadiya Mohammed Yakub**
Class: **F.Y.BE.d**
Roll no :**47**
Date: **13/05/25**
Instructor:**Dr.Avani Kanakia**

Introduction:

Yoga is a timeless practice that integrates the body, breath, and mind. It promotes not only physical health but also mental clarity and emotional stability. In our recent yoga practical, each student was assessed individually. We were asked to perform three pranayama techniques and four asanas, each from different categories. We also discussed our personal diet plan and the benefits observed through yoga and healthy eating.

Objectives:

- To demonstrate three important pranayama techniques with correct breathing method.
- To perform four selected asanas from standing, sitting, forward, and inverted postures.
- To explain the physical and mental benefits of each practice.
- To understand how to apply yoga practices in daily life.
- To reflect on the connection between diet, yoga, and overall well-being.

Significance of the Activity:

This practical holds great significance in today's stressful lifestyle. Pranayama and asanas help in reducing anxiety, boosting concentration, and improving posture and flexibility. The knowledge of a proper diet further supports energy and mental clarity. Combining all three – breath, movement, and food – lays the foundation for a balanced and healthy lifestyle.

Procedure:

a. Pranayama Performed:

1. Bhramari Pranayama (Humming Bee Breath):

- Technique: Close ears with thumbs, eyes with fingers, and produce a humming sound while exhaling.
- Benefits: Reduces anxiety and anger, improves concentration, and calms the nervous system.
- Daily Use: Helps before sleep or before exams to calm the mind.

2. Kapalbhatai Pranayama (Skull Shining Breath):

- Technique: Active exhalation with passive inhalation using abdominal muscles.
- Benefits: Detoxifies the body, improves digestion, boosts metabolism.
- Daily Use: Effective in weight loss and increasing energy levels in the morning.

3. Bhastrika Pranayama (Bellows Breath):

- Technique: Rapid, deep inhalation and exhalation using full lungs.
- Benefits: Energizes the body, increases oxygen supply, and removes sluggishness.
- Daily Use: Great for winter mornings or feeling drowsy/tired in the morning.

b. Asanas Performed:

1. Tadasana (Mountain Pose) – Standing Asana

Benefits: Improves posture, strengthens legs, increases height during growing age.

Daily Use: Maintains body alignment, reduces fatigue from long sitting.

2. Trikonasana (Triangle Pose) – Standing Twist Asana

Benefits: Stretches waist and spine, improves digestion, strengthens thighs and arms.

Daily Use: Relieves back pain and improves flexibility in waist area.

3. Bhadrasana (Gracious Pose) – Sitting Asana

Benefits: Opens hip joints, strengthens pelvic muscles, good for women's health.

Daily Use: Can be done during meditation or after meals for calming the body.

4. Viparita Karani (Legs-Up-the-Wall Pose) – Inverted Asana

Benefits: Relieves tired legs, improves blood flow to the brain, reduces anxiety.

Daily Use: Ideal after long standing or travel; relaxes the body deeply.

5. Diet Plan Shared:

Morning:

- Lukewarm water with lemon or honey
- Soaked almonds or dates
- Fruits like banana or apple

Afternoon:

- Roti with vegetables, dal, and salad
- Curd or buttermilk

Evening:

- Herbal tea
- Light snacks like sprouts or roasted chana
- Night (around 9:00 PM):
- Light dinner like soup, khichdi, or boiled vegetables
- Avoided fried and sugary items

Note: I eat dinner early, around 9 PM, which helps in better digestion and improves sleep quality.

Observed Benefits:

Improved digestion

Less fatigue during the day

Clear skin and better sleep

Weight control and better focus

Learning Outcomes:

- Gained clarity on proper breathing techniques.
- Learned how asanas improve specific body parts.
- Understood how simple food choices support a yogic lifestyle.
- Felt improvements in posture, focus, and overall well-being.
- Developed a regular habit of yoga and mindful eating.

Personal Experience:

This practical gave me confidence in my ability to practice yoga regularly. I felt more relaxed and focused after pranayama. The asanas helped me relieve body stiffness and back pain. Following a simple diet plan made me feel lighter and more energetic throughout the day. I realized that even small lifestyle changes can make a big difference when done consistently.

Conclusion:

The yoga practical was not just a subject activity, but a life lesson. I learned how to use breathing, movement, and nutrition to maintain a healthy mind and body. Regular practice of pranayama, asanas, and a balanced diet can help us lead a stress-free and fulfilling life. This experience has inspired me to include yoga as a permanent part of my Dailconsistent.





Partical Yoga Exam Report

Name: ShaikhRabiya Nisar Ahmad

Introduction

The Yoga Practical Examination was conducted on 13th May 2025 at 11:00 AM in Classroom 501, Garden Dr., under the supervision of Avani Kanakia Ma'am. This examination was organized as a part of the H K C E curriculum to assess students' practical knowledge and understanding of yoga practices, including asanas, breathing techniques, and meditation. The session aimed to evaluate our ability to perform yoga postures correctly, maintain balance and coordination, and understand the theoretical principles underlying the discipline. The practical exam also provided an opportunity to demonstrate mindfulness, discipline, and the holistic benefits of yoga in everyday life.

Definition

Yoga is a holistic discipline that originated in ancient India, encompassing physical, mental, and spiritual practices aimed at achieving harmony between the body and mind. Derived from the Sanskrit word "Yuj", which means "to unite" or "to join," yoga symbolizes the union of the individual self with the universal consciousness. It includes various practices such as **asanas** (physical postures), **pranayama** (breathing techniques), **dhyana (meditation)**, and ethical guidelines to promote overall well-being.

OBJECTIVE

- To evaluate students' practical proficiency in performing various yoga asanas with correct posture and alignment.
- To assess the understanding and application of basic breathing techniques (pranayama) and their benefits.
- To promote awareness of the physical, mental, and emotional benefits of regular yoga practice.
- To encourage discipline, concentration, and mindfulness during yoga sessions.
- To understand the role of yoga in maintaining a healthy lifestyle and stress management.
- To integrate theoretical knowledge of yoga with practical implementation.

Important points

During the examination, **Avani Ma'am called students one by one** to come forward and perform their assigned yoga practical. I patiently waited for my turn while observing other students. **After some of my classmates had completed their practicals, Ma'am called my name. I confidently went to the front and performed my asanas and breathing exercises.** The experience was both encouraging and educational. I began performing the yoga asanas, my nervousness slowly reduced. I focused on my breathing and movements, and by the end of my practical, I felt proud and relieved.

Anulom Vilom

I began with **Anulom Vilom Pranayama**, which I performed step by step and explained clearly.

Steps Performed:

1. I sat in **Sukhasana** (cross-legged posture) with a straight spine and relaxed shoulders.
2. I closed my eyes to concentrate and calm the mind.
3. I used my **right thumb** to close my **right nostril** and inhaled slowly through the **left nostril**.
4. Then, I closed my **left nostril** with the **ring finger** and exhaled through the **right nostril**.
5. I inhaled again through the **right nostril**, closed it, and exhaled through the **left nostril**.
6. I repeated this process slowly for a few rounds, maintaining steady and mindful breathing.



Benefits | Explained:

- Anulom Vilom calms the mind and reduces **stress and anxiety**
- It improves **concentration and mental focus**.
- It helps balance the **left and right sides of the brain**.
- It helps balance the **left and right sides of the brain**.
- It purifies the **nervous system** and enhances oxygen flow in the body.

- It is especially helpful before exams or stressful situations to gain **inner peace**.

Gyan Mudra

Steps to Perform Gyan Mudra:

1. I sat in a comfortable meditative posture, **Sukhasana**.
2. I placed my hands on my knees with palms facing upward.
3. I touched the tip of the **index finger** to the tip of the **thumb**, forming a circle.
4. The other three fingers were kept straight and relaxed.
5. I maintained slow and steady breathing while holding the mudra.



Benefits of Gyan Mudra:

- Enhances **concentration** and **memory**.
- Promotes a sense of **calmness** and **mental peace**.
- Helps in controlling **stress**, **anger**, and **restlessness**
- Stimulates the brain and improves **learning power**.

Chakki Asanas

After performing **Anulom Vilom Pranayama** and demonstrating **Gyan Mudra**, I performed **Chakki Chalanasana**, which is a simple but effective **seated yoga asana** that mimics the motion of churning a mill.

Steps to Perform Chakki Chalanasana:

1. I sat on the floor with my legs stretched out in front, spread wide apart.
2. I interlocked my fingers and stretched my arms straight in front of my chest.
3. I began to **move my upper body in a circular motion**, bending forward and rotating as if churning a traditional grinding stone.
4. I performed the rotation **clockwise** and then **anti-clockwise**, keeping my back straight and core engaged.
5. I synchronized my movements with deep, steady breathing.



Benefits of Chakki Chalanasana:

- Strengthens the **abdominal muscles** and improves digestion.
- Tones the **waist, thighs, and hips**.
- Improves flexibility of the **spine and lower body**.
- Stimulates the **reproductive organs** and relieves menstrual discomfort.
- Helpful for students and office workers who sit for long periods.

Bhujangasana (Cobra Pose)

As part of my Yoga Practical Exam, after performing **Chakki Chalanasana**, I demonstrated **Bhujangasana**, also known as the **Cobra Pose**. This is a key back-bending posture that strengthens the spine and opens the chest.

Steps to Perform Bhujangasana:

1. I lay down on my stomach with my legs extended and feet together, toes pointing outward.
2. I placed my palms on the floor beside my chest.
3. Inhaling slowly, I **lifted my chest and head** off the floor by pressing my palms down, arching my back gently.
4. I kept my elbows close to my body and shoulders relaxed.
5. I looked slightly upward and held the pose while breathing deeply.
6. I slowly exhaled and came back down to the resting position.



Benefits of Bhujangasana:

- 1.Strengthens the **spine, shoulders, and arms.**
- 2.Opens the **chest and lungs**, improving breathing capacity.
- 3.Reduces **stress and fatigue.**
- 4.Helps relieve **back pain** and improves posture.
- 5 .Stimulates **abdominal organs**, aiding in digestion.

Vrikshasana

Vrikshasana, also known as the Tree Pose, is a standing yoga posture that enhances balance, concentration, and mental stability. I performed this asana during my yoga practical examination to demonstrate focus, body control, and inner calm.

Steps to Perform Vrikshasana:

- 1.I stood straight with my feet together and arms by my sides.
- 2.I lifted my **right leg**, placed the sole of my foot on my **left thigh**, and balanced on one leg.
- 3.Once stable, I brought my hands together in **Namaste (prayer pose)** above my head.
4. i kept my gaze fixed at one point to help maintain balance and stayed in the pose for a few breaths.
- 5.I slowly released the posture and repeated the same steps with the **left leg.**



Benefits of Vrikshasana:

- Improves **balance** and **stability** in the body.
- Strengthens the **legsthighsankles** , and **spine**.
- Enhances **concentrationfocus** , and **mental clarity**.
- Promotes a sense of **calmness** and **confidence**.

Guidelines

- 1.Started with warm-up (Sukshma Vyayam)
- 2.Butterfly exercise
3. Everyone became more health-conscious.
- 4.Increased physical flexibility and strength.

Conclusion

The yoga session conducted as part of the HKCE 501 practical exam was a meaningful and enriching experience. Under the expert supervision of Dr. Avani Kanakia Ma'am, I learned how to apply yoga beyond the mat—into my daily life and within my family. It has brought balance, discipline, and harmony into our lifestyle.

- Improved physical flexibility and strength.
- Mental calmness and emotional balance.
- Better discipline and time management.
- Strengthened family ties through shared wellness practices.

I sincerely thank Dr. Avani Kanakia Ma'am for her valuable guidance and encouragement.



HUMERA KHAN COLLEGE OF EDUCATION

UGC.NCTE Approved, Affiliated To University Of Mumbai (NCTE Code No: 123082)
Oshiwara, Jogeshwari(W)
NAAC Accreditation 'B' Grade

HK COLLEGE OF EDUCATION Yoga Course and Practical
Examination Report Date of Examination: 13th May 2025
Coordinator: Dr. Avani Kanakia Name: Sayyed Aiman

(F.Y.B.Ed)

Roll. No: 32

INTRODUCTION:

As part of the curriculum at HK College of Education, a Yoga course and practical examination was conducted on 13th May 2025. The examination was held in online mode, with the theory session from 10:00 to 11:00 AM followed by practical from 11:00 AM onwards. Students were instructed to submit all assignments in the classroom, and final articles were to be submitted by 14th May 2025. The total marks allotted for this course were 150. Under the able guidance of Dr. Avani Kanakia, we were trained and assessed on various yoga practices including pranayama, standing, sitting, and lying down asanas, along with adherence to yoga guidelines.

Objectives of the Yoga Course:

- To introduce students to the fundamentals of yoga and its benefits for physical and mental health. To develop practical skills in performing various yoga asanas and pranayama techniques.
- To encourage regular yoga practice as a tool for wellness, stress management, and inner peace.
- To improve flexibility, concentration, and overall well-being through guided practice.
- To help students understand the value of discipline, mindfulness, and correct technique in yoga.

I have done all these asanas as per the exam instructions and guidelines under the supervision of Dr. Avani Kanakia.

Pranayama Performed

1. Anulom Vilom (Alternate Nostril Breathing)

This breathing technique improves mental clarity and balances both hemispheres of the brain. It helps reduce stress, anxiety, and improves respiratory efficiency.

2. Kapalbhata (Skull-Shining Breathing)

Kapalbhata is a powerful cleansing technique that energizes the mind, strengthens abdominal muscles, helps in digestion, and promotes overall detoxification of the body.

Standing Asanas Performed

1. Vrikshasana (Tree Pose)

This pose improves body balance, strengthens legs and spine, and enhances concentration. It also promotes a sense of grounding and emotional stability.

2. Virabhadrasana (Warrior Pose)

This asana builds strength, stamina, and flexibility. It stretches the chest, lungs, and shoulders while improving balance and focus.

Sitting Asanas Performed

1. Vajrasana (Thunderbolt Pose)

Vajrasana is effective in improving digestion and calming the mind. It strengthens the lower body and is suitable for meditation and breathing practices.

2. Ardha Matsyendrasana (Half Spinal Twist)

This twisting pose increases spinal flexibility, stimulates digestive organs, and helps relieve tension in the back and neck.

Lie-Down Asanas Performed

1. Makarasana (Crocodile Pose)

This is a relaxing posture that relieves back pain, reduces fatigue, and helps calm the nervous system. It also supports deep, conscious breathing.

2. Apanasana (Knees-to-Chest Pose)

This pose aids in digestion, relieves constipation and gas, and gently stretches the lower back. It promotes relaxation and internal cleansing.

Yoga Guidelines Followed

- During the practice and exam, I followed the recommended yoga
- guidelines: Performed yoga on an empty stomach or with a light meal prior.
- Maintained steady breathing and concentration. Focused on posture
- correctness and body alignment. Practiced mindfully without overexertion.
- Ensured a quiet, safe environment for online participation.
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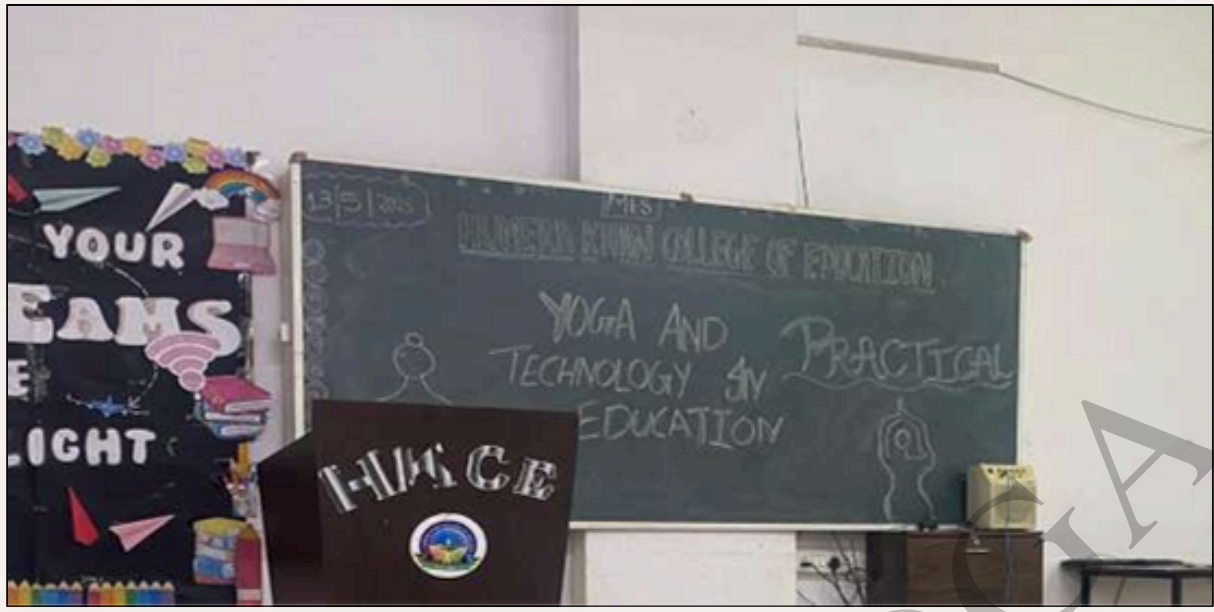
I have done all these asanas as instructed during the practical examination and followed all the yoga guidelines regarding breathing, posture, and discipline. My participation was complete and sincere throughout the course and exam sessions.

Conclusion

Participating in the Yoga course and practical exam was a deeply enriching experience for me. I learned the proper techniques and benefits of each asana and pranayama. Through consistent practice, I noticed improvements in my flexibility, focus, and inner calm. The structured format of the course made it easy to follow and implement in daily life.

Yoga has helped me understand the importance of balance—both physically and mentally. I am grateful to Dr. Avani Kanakia and HK College of Education for organizing this course with such dedication. I plan to continue yoga as a daily practice and incorporate its principles into my lifestyle for long-term health and wellness.

Photos:





REPORT

Name: Rukaiya hasan shaikh

VENUE: HKCE CLASSROOM DATE: 13/05/2025

GUIDE: DR. AVANI KANAKIA

Introduction:

On 13th May 2025, a comprehensive practical yoga examination was conducted under the guidance of Dr. Avani Kanakia. The assessment aimed to evaluate the theoretical and practical knowledge of students regarding yoga and its application in daily life. The exam included three key components: individual performance of pranayamas and asanas, a reflective discussion on personal experience and diet, and an online test to assess conceptual understanding. This holistic approach emphasized how yoga can support digital detox, enhance well-being, and reclaim inner joy amidst daily noise and distractions.

Objectives:

- To perform two pranayamas and explain their physical and mental benefits.
- To demonstrate four asanas (standing, sitting, forward, and backward bending) and share their relevance to daily life.
- To present a personal diet plan and describe its wellness benefits.
- To assess conceptual understanding of yoga and mindfulness through an online test.
- To encourage self-awareness, discipline, and healthy lifestyle habits.

Description of the Activity:

The practical exam was conducted in a structured format, with each student being evaluated individually on the following criteria:

1. Pranayamas Demonstrated:

- Anulom-Vilom (Alternate Nostril Breathing):

Enhanced emotional balance, reduced digital fatigue, and improved concentration were experienced with regular practice.

- Bhramari (Bee Breath):

Helped in calming the mind, lowering stress, and improving sleep quality, especially after long hours of screen time.

2. Asanas Demonstrated:

- Tadasana (Standing Pose):

Improved posture and awareness, helpful for countering prolonged sitting due to online learning.

- Vajrasana (Sitting Pose):

Boosted digestion and mental calmness, making it ideal for moments of rest after meals or study.

- Paschimottasana (Forward Bend):

Released physical tension from the back and reduced anxiety.

- Bhujangasana (Backward Bend):

Supported spinal flexibility and helped manage stiffness from excessive gadget use.

3. Personal Experience:

Practicing yoga consistently has helped reduce dependency on digital devices and restored a sense of mental clarity. Breathing practices have been effective in managing anxiety and enhancing focus during studies. Asanas have contributed to physical strength and flexibility, reducing physical discomfort from screen-related posture issues.

4. Diet Plan Shared:

Morning: Lemon water, fruits, soaked nuts

Afternoon: Chapati, vegetables, salad, curd

Evening: Herbal tea or light snacks

Dinner: Soup or khichdi

Benefits Observed:

The diet supported better digestion, improved energy levels, and mental clarity. It complemented the yoga routine, promoting a balanced and healthy lifestyle.

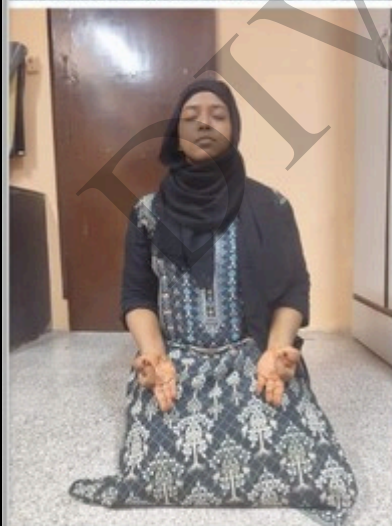
5. Online Test:

An online theoretical test was conducted to assess knowledge of yogic concepts, pranayama techniques, asana benefits, and the role of yoga in managing stress and promoting digital detox. The test included multiple-choice and short-answer questions, ensuring students had a clear understanding of both practical and philosophical aspects of yoga.

Conclusion:

The yoga practical exam, inclusive of personal demonstrations and an online test, successfully evaluated the integration of yoga into daily life. This experience highlighted how yoga can act as a powerful tool for physical flexibility, emotional stability, mental focus, and digital detoxification. The combination of mindful practice and healthy eating has shown visible benefits in overall well-being. Moving forward, this learning encourages a sustained, disciplined, and conscious approach to self-care and joyful living.

PHOTOS



Name: Shaikh Lubna Peer Ahmad

OBJECTIVE:

The purpose of the assessment was to evaluate students' understanding and practical application of yogic principles, including postures (asanas), breathing techniques (pranayama), yogic guidelines, dietary awareness, and personal reflections after regular yoga practice.

ACTIVITIES CONDUCTED:

● Online Test:

An online written test was conducted to assess theoretical knowledge.

The questions covered:

- >Basic guidelines of yoga practice
- >The importance of diet in a yogic lifestyle
- >Benefits of specific asanas and pranayamas

● Practical Examination:

Students were evaluated based on their performance in:

(1)Pranayama: Any two of their choice (e.g., Anulom Vilom, Bhramari, Kapalbhati)

(2)Asanas:

Sitting Asana (e.g., Vajrasana)

Standing Asana (e.g., Tadasana)

Forward Bend Asana (e.g., Paschimottanasana)

Back Bend Asana (e.g., Bhujangasana)

Each student demonstrated the asanas with proper posture, breathing, and awareness as taught during the sessions.

STUDENT REFLECTIONS AND OBSERVATIONS:

Students shared insightful feedback about the impact of yoga on their daily lives. Many reported:

Improved concentration and reduced stress, Better sleep and positive mood. A shift toward a healthier diet. Increased self-awareness and mental calmness

CONCLUSION:

The yoga assessment provided an opportunity for students to consolidate their learning through both theory and practice. It not only tested their knowledge but also encouraged self-reflection on the transformational journey through yoga. The overall participation and performance were highly encouraging and reflected a deep engagement with yogic principles.





***Yoga is the
art of
getting to
know
yourself.***

