



MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION
H.K CAMPUS, Adjacent to MHADA Complex, Pratiksha Nagar, Oshiwara, Jogeshwari (W)
Affiliated to University of Mumbai & Approved by NCTE (NCTE Code No: 123082)
Tel (022)26776221, Fax: (022)26790095
Email: principal@hkce.edu.in Website: www.hkce.edu.in

Report on Workshop on “YOGA FOR LIFE”



MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION

Oshiwara, Jogeshwari (W), Mumbai-400102

NAAC ACCREDITED GRADE “B”

Under Environment Cell

Organises

VALUE ADDED COURSE 2

“SUSTAINABILITY VALUES ROOTED IN
INDIAN KNOWLEDGE TRADITIONS”

WORKSHOP ON


YOGA FOR LIFE



Resources Expert: Dr Avani Kanakia

Theme:

SUSTAINABLE LIFESTYLE HABITS

 Date: 02 MAY 2026

 Venue: 501 Classroom



EVENT CO-ORDINATOR
DR AVANI KANAKIA



I/C PRINCIPAL
DR VARSHA MARU

VISION: SHAPING THE PUPIL TEACHER TO SHOULDER THE RESPONSIBILITY
OF SHAPING THE FUTURE YOUTH OF THE NATION



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Day 8 Workshop on “Yoga for Life”

Date: 2nd May 2026 Time:11.30AM

Venue: 501 (Classroom)

Resource Expert: Dr Avani Kanakia

INTRODUCTION:

A Yoga Workshop was organised under the Environmental Cell of Humera Khan College of Education as a part of the Value-Added Course on 2nd May 2026 in Classroom 501, HKCE College, from 11:30 AM to 1:00 PM. The Resource Expert: Dr Avani Kanakia Ma'am for the FY.B.Ed students. The workshop aimed to promote physical, mental, and emotional well-being through the practice of yoga. It began with a brief theoretical introduction to yoga, explaining its origin, meaning, and significance in daily life.

OBJECTIVES:

- To create awareness about the importance of yoga in maintaining a healthy lifestyle
- To help students understand the benefits of meditation and pranayama
- To encourage students to practice yoga regularly
- To develop concentration, flexibility, and inner peace
- To provide practical exposure to different yoga techniques

CONTENT:

The workshop started with an interactive and engaging game, which helped energize the students and create a positive atmosphere. Following this, Dr Avani Kanakia Ma'am provided valuable information about yoga and meditation, highlighting their importance in reducing stress and improving overall health.

The session included practical demonstrations and participation in various yoga activities such as:

- Suryanamaskar (Sun Salutation)
- Different asanas (postures) for physical fitness
- Explanation of correct posture and breathing techniques

Towards the end, the session concluded with pranayama (breathing exercises), which helped students relax and experience mental calmness.

PARTICIPANTS:

The students actively participated in the yoga workshop with great enthusiasm and interest. They were engaged throughout the session, from the introductory theoretical explanation to the practical activities. During the warm-up game, students showed excitement and teamwork, which created a positive and energetic environment.



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All students sincerely performed various yoga practices such as Suryanamaskar, different asanas, and pranayama techniques under proper guidance. They followed the instructions carefully and maintained discipline during the session. Many students also interacted by asking questions and sharing their experiences, making the workshop more interactive and effective.

SIGNIFICANCE:

The yoga workshop was highly significant as it promoted awareness about the importance of physical and mental well-being among students. In today's fast-paced and stressful life, yoga plays a vital role in maintaining balance between body and mind. Furthermore, the workshop encouraged students to adopt a healthy lifestyle and develop regular yoga habits. It contributed to their overall personality development by fostering discipline, self-awareness, and emotional stability.

CONCLUSION:

The yoga workshop was a meaningful and enriching experience for all the students. It successfully combined theoretical knowledge with practical application, helping students understand the true essence and benefits of yoga. The session was well-organised and conducted effectively, keeping students engaged throughout. Students not only learned various yoga practices such as Suryanamaskar, asanas, and pranayama, but also developed awareness about the importance of maintaining physical fitness and mental well-being. Overall, the workshop achieved its objectives by encouraging students to adopt yoga as a part of their daily routine and promoting a healthy and balanced lifestyle.



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Day 8 GLIMPSE OF “Yoga for Life”





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