



MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION

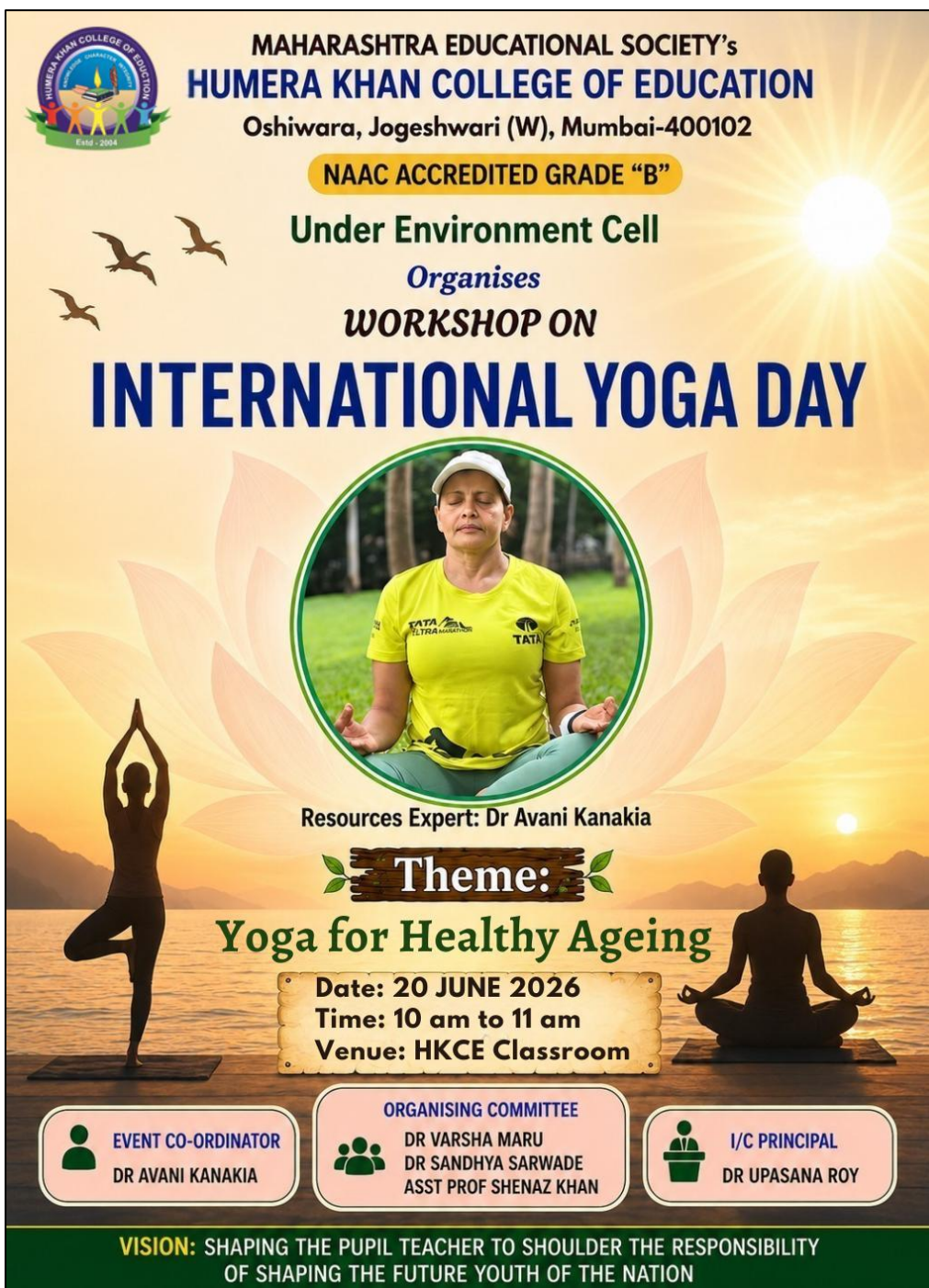
H.K CAMPUS, Adjacent to MHADA Complex, Pratiksha Nagar, Oshiwara, Jogeshwari (W)
Affiliated to University of Mumbai & Approved by NCTE (NCTE Code No: 123082)

Tel: (022)26776221, Fax: (022)26790095

Email: principal@hkce.edu.in Website: www.hkce.edu.in

NAAC Accredited Grade 'B'

International Yoga Day



The poster features a warm sunset background with a large lotus flower in the center. At the top left is the college logo. The text is centered and reads: 'MAHARASHTRA EDUCATIONAL SOCIETY'S HUMERA KHAN COLLEGE OF EDUCATION Oshiwara, Jogeshwari (W), Mumbai-400102 NAAC ACCREDITED GRADE "B" Under Environment Cell Organises WORKSHOP ON INTERNATIONAL YOGA DAY'. Below this is a circular photo of Dr. Avani Kanakia in a yoga pose. The theme 'Yoga for Healthy Ageing' is written in a stylized font. The date, time, and venue are listed in a yellow box. At the bottom, three boxes list the event co-ordinator, organising committee, and principal. The vision statement is at the very bottom.

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HUMERA KHAN COLLEGE OF EDUCATION
Oshiwara, Jogeshwari (W), Mumbai-400102
NAAC ACCREDITED GRADE "B"
Under Environment Cell
Organises
WORKSHOP ON
INTERNATIONAL YOGA DAY

Resources Expert: Dr Avani Kanakia

Theme:
Yoga for Healthy Ageing

Date: 20 JUNE 2026
Time: 10 am to 11 am
Venue: HKCE Classroom

EVENT CO-ORDINATOR
DR AVANI KANAKIA

ORGANISING COMMITTEE
DR VARSHA MARU
DR SANDHYA SARWADE
ASST PROF SHENAZ KHAN

I/C PRINCIPAL
DR UPASANA ROY

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



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Date: 20th June 2026

Time: 10 am to 11 am

Venue: 501 Classroom

Introduction

The Environment Cell of Maharashtra Educational Society's Humera Khan College of Education organized a specialized workshop to celebrate International Yoga Day. The event centered around the insightful theme "Yoga for Healthy Ageing," emphasizing holistic wellness across the lifespan. The session focused on integrating traditional yogic wisdom with contemporary educational practices to foster overall well-being. Guided by experienced hands, the workshop successfully highlighted how mental and physical discipline can improve regular lifestyle habits. It served as an enlightening platform for future pupil-teachers to understand their role in promoting health within the broader community.

Participants

The workshop witnessed active and enthusiastic participation from the F.Y. B.Ed. student-teachers, faculty members, and the organizing committee of the institution. Prominent members steering the event included Event Co-ordinator Dr. Avani Kanakia, I/C Principal Dr. Upasana Roy, and organizing committee members Dr. Varsha Maru, Dr. Sandhya Sarwade, and Asst. Prof. Shenaz Khan. The first-year students joined the virtual space with great energy, eager to absorb both the theoretical knowledge and practical applications of yoga. The collaborative atmosphere underscored a shared commitment among the budding educators to build a happier, healthier, and more conscious lifestyle.

Objectives

- To understand the history, ancient roots, and various streams of traditional yoga practices.
- To learn and execute specific standing, sitting, prone, and meditative asanas correctly for daily health.
- To recognize the role of Pranayama and Chakra balancing in reducing stress and enhancing mental clarity.
- To equip future educators with the knowledge to integrate physical and mental wellness into their teaching journeys.



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Significance

The significance of this workshop lies in its timely focus on healthy aging and stress management in a fast-paced digital world. Yoga acts as a comprehensive system uniting the body, mind, and spirit to address everyday physical and psychological challenges. By mastering these ancient techniques, participants gain tools to increase spinal flexibility, boost lung capacity, and improve blood circulation. For pupil-teachers, this knowledge is invaluable as it helps them cultivate focus and emotional resilience within themselves. Ultimately, the workshop empowers them to pass down these essential practices, shaping a healthier, well-balanced future generation.

Content

The workshop was conducted using a smooth hybrid approach that beautifully integrated technology with physical classroom practice. Resource Expert Dr. Avani Kanakia conducted the session online via Google Meet, delivering deep philosophical and historical insights directly to the students. Meanwhile, the F.Y. B.Ed. students were physically gathered together in the HKCE Classroom, where classmate Ms. Sneha Yadav stepped up as the physical demonstrator. Ms. Sneha flawlessly demonstrated the correct alignments and movements in real-time, bridging the digital gap and allowing the entire class to participate actively.

The session began with an engaging theoretical presentation on the origin and history of yoga. Dr. Avani ma'am explained how yoga originates from ancient Indian traditions, dating back to the Indus Valley Civilization around 3000 B.C., and evolved through five key historical periods. Under the real-time physical guidance of Ms. Sneha, the student-teachers performed all the traditional yoga poses outlined in the "YOGA DEMO PPT.pptx". This started with Standing Asanas like Tadasana and Vrikshasana, which focused heavily on spinal alignment, physical balance, and building overall core stability.

The class then progressed to Sitting Asanas, specifically performing Vakrasana and Chakki Chalanasana to improve waist flexibility and stimulate healthy digestion. Next, we moved into Prone Position Yoga Asanas, practicing Bhujangasana, Shalabhasana, and Dhanurasana to strengthen the lower back and expand lung capacity. To conclude the physical postures, the class practiced Padmasana and Padahasthasana, helping to release built-up body tension and establish a baseline of physical and mental calmness.

The final segment of the workshop focused on breathing and meditation to achieve complete inner alignment. The F.Y. B.Ed. students practiced Pranayama, using deep, controlled breathwork to alleviate stress and boost mental clarity. The entire workshop wrapped up beautifully with a Divine Chakra Balancing Meditation. Guided smoothly by Dr. Avani ma'am online and Ms. Sneha in the room, the students chanted the sacred seed mantras from the Root Chakra (LAM) through to the Third Eye (OM), concluding with a deeply restorative silent meditation for the Crown Chakra.



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Conclusion

The workshop on "Yoga for Healthy Ageing" was a deeply enriching and restorative experience. It effectively bridged the gap between theoretical ancient philosophy and practical modern lifestyle adjustments. Personally, reflecting on the session made me realize how simple, daily asanas can drastically lower stress and improve posture. Learning the specific benefits of breath control and chakra chanting highlighted the profound connection between physical movement and emotional stability. Moving forward, I feel motivated to embed these practices into my personal routine and future teaching methods, truly embracing the vision of fostering a healthier society.



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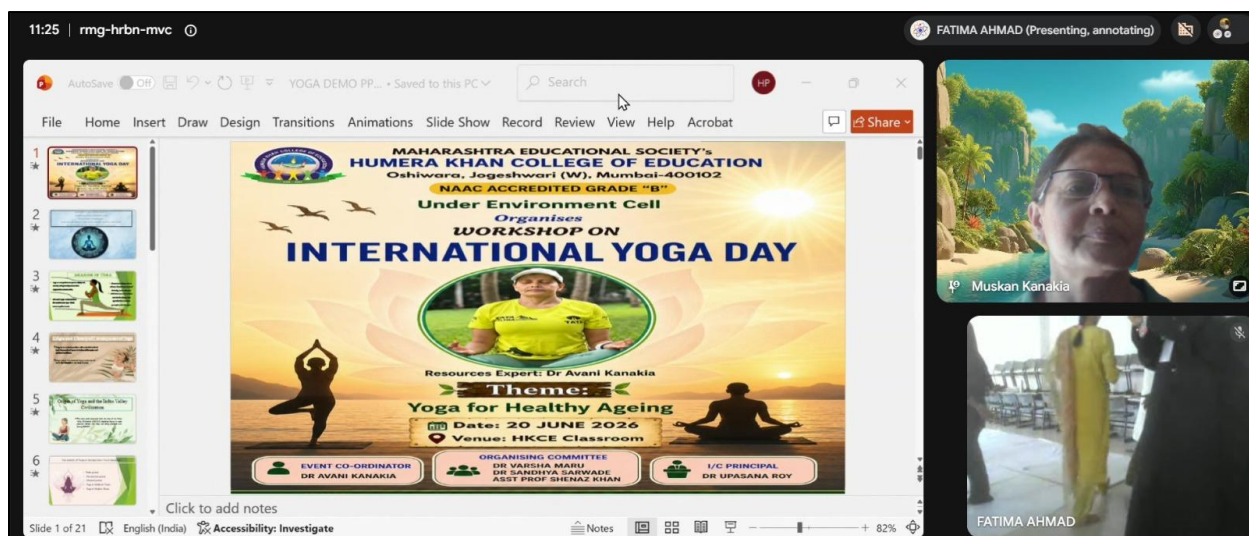
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Glimpse of Workshop





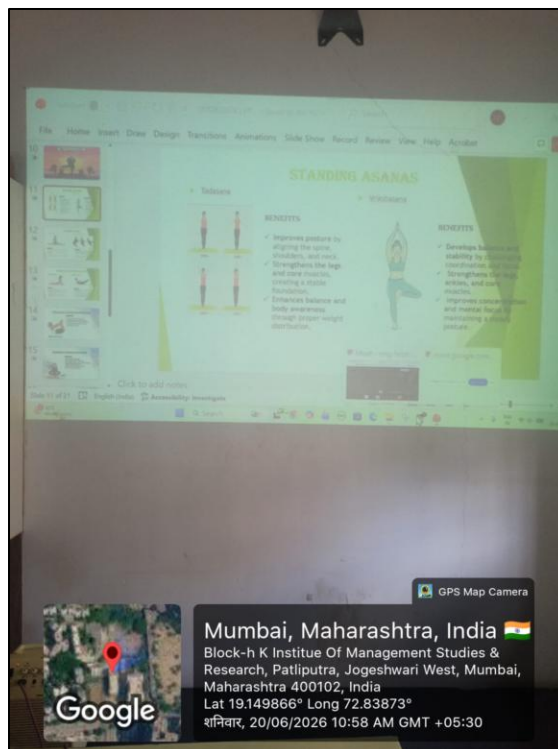
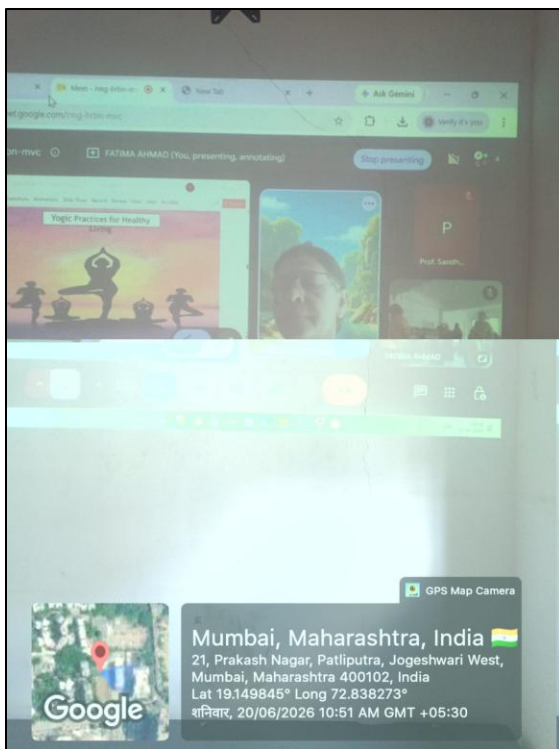
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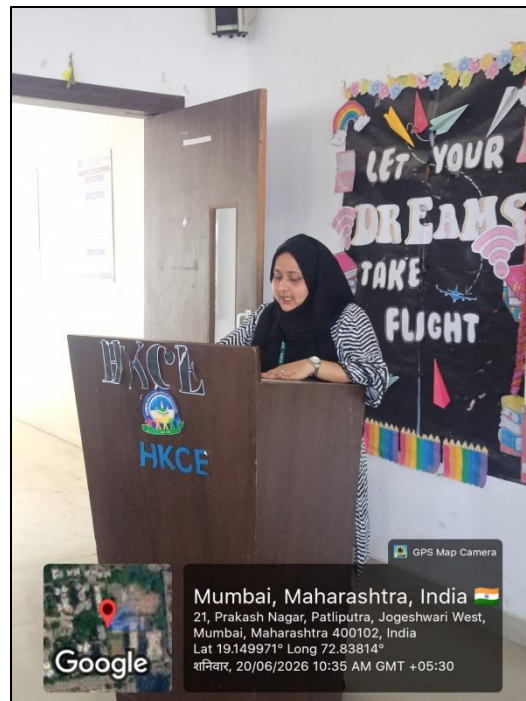
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