

**Banarsidas Chandiwala Institute of Physiotherapy**  
**Event Report Title: Workshop on Yoga & Meditation**  
**Date: 18<sup>th</sup> – 20<sup>th</sup> January 2024**

**General**

A workshop was organized on Yoga and Meditation on 18<sup>th</sup> – 20<sup>th</sup> Jan 2024.

**Objective**

The primary objective was to make the student practice Yoga and meditation and to attain tranquility in both mind and spirit.

**Date of event:** 18<sup>th</sup> – 20<sup>th</sup> Jan 2024

**Location of event:** BCSSTS Lawn

**About the Speaker:** Professionals from Heartfulness-

- Dr. Arvind Pal Tomar
- Mr. Vinay Singh
- Mr. Sumit Mehta, &
- Mr. Pankaj Niranjana

**Total Students who attended the program:** 200 (BPT & MPT Students)

**Total Faculty who attended the program:** 12

**Content of the Workshop:**

Yoga is an ancient practice that incorporates gentle exercise, breath control and meditation. The objective of yoga is holistic well-being, encompassing physical, mental, and spiritual aspects. It aims to enhance flexibility, strength, and balance while promoting relaxation, mindfulness, and inner peace.

Both practices seek to foster a harmonious balance between the individual and their surroundings, leading to improved health and a sense of inner calm.

The health benefits of regular yoga practice may include lowering blood pressure, improved posture and circulation, and a sense of wellbeing.

**DAY-1**

The session began by seeking blessings from the Almighty. Asanas starting for warming up and stretching were followed by a series of Padmasanas, Sukhasan, Tadasana, and bhujangasana and ending with Shavasana. Exercises for relieving stress, reducing joint pain, and enhancing flexibility.

Professional from Heartfulness shared the following importance of the Physical Exercises / Activity with the participants:

- Physical Health: Improves cardiovascular health, flexibility, and strength.
- Mental Health: Releases endorphins, reducing stress and anxiety.
- Weight Management: Helps in maintaining a healthy weight.
- Enhanced Sleep: Promotes better sleep patterns.



- Boosts Energy: Increases overall energy levels.

Further, the importance of incorporating Meditation in daily life was also highlighted by the sir.

- Stress Reduction: Meditation helps lower stress by promoting relaxation and reducing the production of stress hormones.
- Improved Focus: Regular practice enhances concentration and attention, leading to better cognitive abilities.
- Emotional Well-being: It fosters emotional stability, reducing symptoms of anxiety and depression.
- Increased Self-Awareness: Meditation cultivates mindfulness, allowing individuals to better understand their thoughts and emotions.

After this, Meditation was practiced for half an hour listening to the instructions given.

### DAY-2

Meditation provides relaxation by calming the mind and reducing stress. It acts as a mental cleanse, helping to clear unnecessary thoughts and promoting a sense of inner peace. This process allows individuals to release tension and rejuvenate both mentally and emotionally.

Professionals shared the importance of Cleansing with the participants:

- Emotional Balance: Cleansing rituals and relaxation methods help balance emotions, making it easier to navigate challenges with a composed mindset.
- Improved Immune Function: Lower stress levels and a relaxed state positively influence the immune system, enhancing the body's ability to fight off illness.
- Enhanced Creativity: A relaxed mind is often more open to creative thinking, fostering innovation and problem-solving skills.

### DAY-3

This day was all about Guided Meditation. Guided meditation involves a narrator leading individuals through a series of calming and focused mental exercises. It typically includes visualization, deep breathing, and mindfulness techniques. This form of meditation is beneficial for beginners or those seeking specific outcomes, such as stress reduction or increased self-awareness.

After this, participants were instructed to practice the meditation.

The Event was concluded after delivering the Vote of Thanks and felicitation to the Resource Persons. Feedback was also collected from the participants at the end.

The outcome of the Event:

Yoga: Physical and mental discipline involving postures, breath control, and meditation, promoting flexibility, strength, balance, and overall well-being.

Meditation: Mental practice focusing on mindfulness and awareness, leading to reduced stress, improved concentration, emotional balance, and enhanced self-awareness.







Banarsidas Chandiwala Institute of Physiotherapy  
 Affiliated to GGSIPU  
 Maa Anandmai Marg, Kalkaji, New Delhi - 110019

Organises  
**Workshop On  
 Yoga  
 And  
 Meditation**

Save the date  
**18-20 January**  
**11 am to 1 pm**

Nurturing Mind, Body, and Soul

  
 (Dr. C.S. Ram)  
 Director

  
 Avi Choudhary  
 Event Coordinator