

Bombay Teachers Training College
And
HSNC University's School of Yoga
organized a Webinar on Yoga Education for Teachers.

Date: 25th January 2021

Time: 11 to 12.30 pm

Dr. Mandeep Kochar commenced the session by quoting the importance of Yoga from Bhagwad Geeta. It was followed by the college prayer. She then welcomed our speaker and demonstrated for the day Ms. Naina Daryanani. She is an alumna of BTTC and a Yoga Instructor. Ms. Naina took off by explaining the mean of Sanskrit words like “Yuj” which means join or unite. She said that according to yogic scriptures, the practice of yoga leads to union of an individual consciousness with universal consciousness. She then mentioned that



the research of Yoga Education is based on the fundamental elements of “Ashtanga Yoga” The 8 limbs of yoga. She discussed each limb in detail starting from Yama (external ethics) Niyama (internal ethics) Asana- that is important for correct posture, Prayanama- practice of controlling breath, Pratyahara- withdrawal of senses, Dharna- improving concentration and learning abilities



and Dhyana- meditation. A discussion on “Why do we pay attention on our breathing during yoga?” was held wherein some participants mentioned how breathing soothes the mind, helps concentration and controls mind and body. To better understand the importance of breathing Ms. Naina demonstrated the Balloon Breathing Technique, the participants were thrilled to see how relaxing it was. Ms. Naina displayed a beautiful quote that said “When you own your breath, Nobody can steal your peace.” She then mentioned that research

studies suggest that Yoga can help children with ADHD. She emphasized on 8 Effective Yoga Practices that Children love doing and are easy and effective. Some of them are Adho Mukhawasana- the dog pose, Vrikshasana- the tree pose, etc. We then watched a fun video on the Butterfly pose. She then touched upon the Benefits of yoga in schools where she said that it helps improve memory and attention span, reduces stress and anxiety, self-control, promotes mindfulness and increases self confidence. She gave some tips and tricks to make Yoga sessions fun and playful for children. She then discussed in detail how Yoga helps in physical, mental, and socio-emotional development of children in KG, 8-12 years and 13- 16years of age respectively. Ms. Naina ended her session with a meditation exercise and a quote that “Yoga is a light that once lit never dims.” A brief question-answer session was held towards the end of the

webinar. The session came to an end by thanking Ms. Naina for enlightening us and the thought that we need to holistically incorporate Yoga in our lives first and then in the lives of the students.

Report written by- Arwa Neemuchwala (FYDEIED), moderated by Melvina D'souza