

Special Yoga Camp

A special yoga camp was conducted for 1st year B.Ed. trainee teachers from **24-07-23 to 28-07-23** (5 days). The objective of this camp was to give knowledge about yoga and its importance. During these four days the **yoga instructor Prashant sir** guided the teacher trainees about yoga and its types and he also explained about importance of yoga and exercise.

Place: Multipurpose Hall, J S S Institute of education, Sakaleshpura.

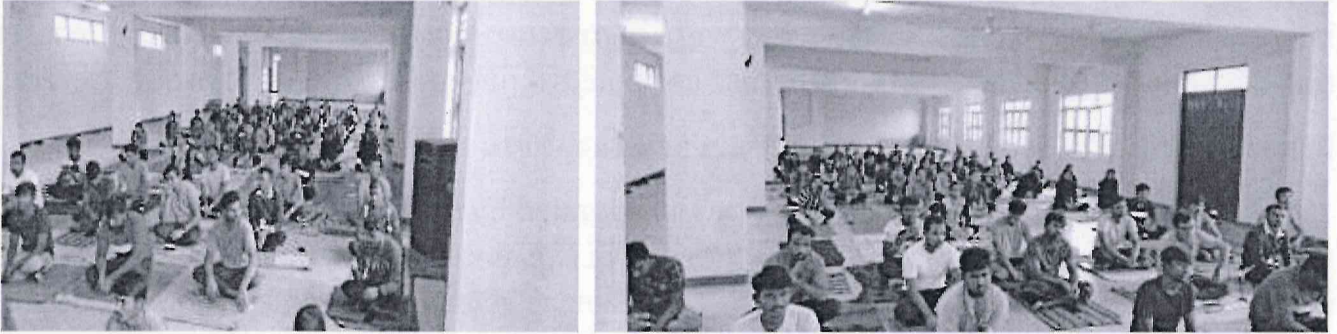
On 24-07-23, a special yoga camp was inaugurated by a chief guest Mrs. Pavithra mam, a yoga instructor in Chikkamagalore. Pavithra mam explained the history of yoga and why it is important for human beings. She also explained about pranayama and showed the demonstration of kapalabhati pranayama and explained its importance. Then Prashant sir explained about yoga and difference between yoga and exercise. Dr S. Nanjundappa, the Principal of the college gave a presidential speech and Sri Kalegowda sir, Physical Education Director were also present in the program.



On 25-07-23, the yoga camp was started at 3:00 pm afternoon under the guidance of Prashanth sir, Kalegowda sir memorised the prayer of yoga and then prashanth sir started exhibiting yoga he gave a demonstration of Surya Namaskara. He guided everyone in doing Yoga and Surya Namaskara. Standing Asanas like-Trikonasana, Garudasana, Ulkatasana and he also explained their benefits such as helps to get fitness physically, easy blood flow through nerves etc.



On 26-07-23, the camp was held at 3:00 pm. Prashanth sir recalled standing asanas and exhibited sitting asanas and explained the difference between yoga and exercise. He also explained importance of yoga and exercise. Sitting asanas-padmasana, Gomukhasana, Baddha konasana etc...then third day camp was ended in the evening.




On 27-07-23 the prashanth sir explained about pranayama and the three types of pranayama, Pooraka, Rechaka and Khumbaka in detail and also explained their importance. Then everyone came to know about pranayama and its use. Sir explained that it helps to concentrate and mind should be peaceful.



On 28-07-23, Prashanth sir explained the other types of asanas and pranayama and the validictory programme was conducted for yoga camp. This was the last day of yoga camp so Kalegowda sir thanked Prashanth sir for giving wonderful sessions. Kalegowda sir explained about importance of yoga and motivated the 1st year teacher trainees to adopt yoga in daily routine. It was really a wonderful camp to know about yoga and also to how to lead healthy life. It was indeed a useful program for every teacher trainees.

Program coordinator: Sri Kalegowda, Physical Education Director, JSSIE, Sakleshpur.


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