

THADOMAL SHAHANI ENGINEERING COLLEGE

Report on International Day of Yog (IDY'22)

Celebration on 21/6/22

International Day of Yog (IDY'22) was celebrated in TSEC by taking efforts of the NSS-TSEC, ISHA FOUNDATION and Strong support of our **Principal Dr. G.T. Thampi**, enthusiastic Teachers, Staff & Students.

Isha Foundation is a nonprofit, spiritual organisation founded in 1992 near Coimbatore, India, by Jaggi Vasudev. It hosts the Isha Yoga Centre, which offers yoga programs under the name Isha Yoga. The foundation is run “almost entirely” by volunteers. The word isha means “the formless divine”.

Before starting the session, it was reannounced that all participants should be in light stomach condition i.e. there should be a gap of at least 1 hour and 30 minutes between their meal and this session.

During the **Yog namaskar**, all the participants had to balance their posture in order to maintain the pose and all participants performed that sincerely. Though a bit of struggle, the session was apparent with visible smiles, composure and enthusiasm on the faces of all the participants.

Next was **Nadishodhan** i.e. breathing exercise which was the most relaxation part of this day. In which instructions were shown through a video on how to do that exercise properly to enhance our breathing thereafter with meditation to clear our thoughts.

Lemon honey drink and bananas was served as refreshments post event to rejuvenate for the day, nourishment & energy without feeling sleepy as per the Yogic culture.

All the Participants showed patience & enthusiasm during the IDY'22. They also showed their happiness and gratefulness for conducting such event on regular basis for the benefit of their personal well-being. They also suggested/requested conducting such Yog & wellbeing practices in the Institute on regular basis as it helps in an individual's performance enhancement and improvement in all the activities in the Institute. The freshness and the blissful minds were shown through their bright faces suggesting the success of the event.

30 student and 5 staff totalling 35 participants were present for the event.



Few Glimpses of IDY'22 in TSEC in the attached pictures below:





