



Webinar on

# **ROLE OF YOGA IN EDUCATION & WELL BEING**

*In connection with the International yoga Day Observation*

**On 21<sup>st</sup> JUNE 2021, 4.00 - 6.00 PM**

Live & Interactive Demo By  
**Mr. Akhilraj. R**

(Managing Director and Chief Instructor of Yoga Vidhya Kendram, Thiruvananthapuram)

Instructional Demo Video Releasing By  
**Mr. Livin. V**

(Asst Professor, Dept of Physical Education, Christ Nagar College, Maranallor, Thiruvananthapuram)

- # All are requested to be in empty stomach for a better practice
- # An e-certificate will be provided to all eligible participants



For more information: 9447043489, 9446154254

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Organised by  
**School of Pedagogical Sciences,  
Mahatma Gandhi University, Kottayam, Kerala**

**Report of the Webinar on *Role of Yoga in Education & Well-being* organised by the School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam on 21<sup>st</sup> June 2021**

“Yoga”- an ancient health care and wellness practice, aiming for the holistic development of an individual from the land of India. Yoga ensures the balance of mind, body and soul. Every year since 2015, June 21 is observed as International Yoga Day as initiated by United Nations Organisation to spread the awareness about the importance and effects of yoga on the daily lives of people. This year focuses on ‘Yoga for Well-being’. The chosen theme is of much relevance as the world is still recovering from the impact of the coronavirus pandemic. The covid-19 plight is not just a physical crisis, but has impacts on mental health caused by the lockdown and quarantine. The predicament of suffering, depression and anxiety have become common to the lives of people and are in search of its fix. As stated by United Nations, “A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of Covid-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety.”

The *Times of India* recently reported the findings of the Psychological Resource Centre, Government College for Women, Vazhuthacaud, Thiruvananthapuram on the psychological wellbeing of students during the pandemic. The study is a testimony to the ballooning discomforts the youngsters are facing in the Covid times as it finds around 60% college students in Kerala experience mental depression in varied degrees since the outbreak of Covid-19. To bring out the mats to mark the International Yoga Day and to appraise the mental wellbeing of students, the School of Pedagogical Sciences, Mahatma Gandhi University took the initiative to conduct a webinar on ‘Role of Yoga in Education & Well Being’. The webinar was conducted through the online platform *Cisco WebEx* on 21<sup>st</sup> June 2021.

The webinar started with an opening remark delivered by Dr. Ismail Thamarasseri on International Yoga Day. The gathering was welcomed by Prof. Minikutty A, Head of the Department, School of Pedagogical Sciences. She talked about the relevance of yoga in pandemic conditions and importance of yoga in rehabilitating our post-covid lives. She welcomed all the dignitaries and participants warmly for the webinar. It was followed by the presidential address given by Prof. Asha JV, Dean, Faculty of Education who talked on the need of inculcating yoga into our daily practices and its importance in coping with the lifestyle diseases. She revitalized the participants to adopt yoga as a daily routine and continue its practice lifelong.

The most awaited session of the day was followed by the Presidential address. Yogi Akhilraj R, Managing Director of Yoga Vidhya Kendra, Thiruvananthapuram conducted a highly effective class on the basics of yoga. His expertise in the field was evident throughout the class. He served the purpose of webinar in a simple and brief manner by elaborating on the five points of yoga – proper diet, proper relaxation, proper

exercise, proper breathing and positive thinking and meditation. He performed five basic spinal postures which can be practiced without guidance and helps in improving body flexibility and health. The *nadishodhana pranayama*, which has a profound impact on our body, mind and nervous system was also demonstrated. He also talked on positive thinking and meditation which is of much relevance in our stressful modern lives. The session concluded with discussions between the instructor and participants. Most of the queries were on techniques in yoga needed to cope with the strain caused by attending online classes and Mr Akhilraj R opined that *thadasana* can be performed at intervals for relief while using electronic devices for a long time.

The instructional video developed by Mr. Livin V, Dept of Physical Education, Christ Nagar College, Thiruvananthapuram which is to be a part of the M.Ed. curriculum of the School of Pedagogical Sciences was released. The video covered 22 *asanas* in Yoga. Postures were explained in detail along with its benefits displayed in the background.

Dr. Muhammed KV proposed the vote of thanks. Yogi Akhilraj R and Mr Livin V were thanked for the information and motivation they have instilled to understand Yoga and its relevance in education and wellbeing. He acknowledged the efforts taken by each and every one of the departments and participants in making the webinar possible. E-certificates were provided to all the participants and the session was highly helpful in providing insights to start yoga.

This webinar was the fruit of the efforts taken by the faculty members of School of Pedagogical Sciences, Mahatma Gandhi University. Special mention required for the role taken up by Prof. Minikutty A, Prof. Asha JV, Dr. Ismail Thamarasseri, Dr. Muhammed KV, and Dr. Sibiu G Netto. This webinar has served the purpose of an academic programme than an enrichment programme. Ms. Deepa Mariam Joshua served as rapporteur of the programme. The webinar revitalized to implement a new routine in life.



