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St. Lawrence College of Higher Education
Approved by N.C.T.E., & Affiliated to GGSIP University, Delhi
Geeta Colony Facility Centre, Delhi-110 031
Ph: 011-22056100, 22046100, 32003207, 7827616100 Fax: 011-22018888
Website: www.stlawrence.in Email: slcg@stlawrence.in

REPORT

Yoga: Awakening of Mind

In the hustling schedule and stress, yoga is a great way to rejuvenate, relax and awaken both our body and mind. With this aim in mind St. Lawrence College of Higher Education organised a yoga worksoop on 14th October 2022, Friday.

It is well said that “I bend so that I don’t break”. The pupil teachers participated with great enthusiasm and energy. The session started with warm up exercises and chanting ‘Om’ and meditating. It was followed by a series of asanas like Tadasana, Padmasanas, Bhujangasana and ending with Shavasana. Stretching exercises and Surya Namaskar were also done. Light music was playing in the background which created a calm atmosphere around.



Faculty members motivated the pupil teachers to make yoga an integral part of their lives. The session concluded with some relaxing free dance moves for 10 minutes. The session was very relaxing, enjoying and reviving.

