

MAEER's M.I.T. Pune

DEPARTMENT OF COMPUTER ENGINEERING

Report for Session on "Stress Management with Yoga"

The Department of Computer Engineering organized a 1.5 hours hands-on session on "Stress Management with Yoga" for Second year Computer Engineering students on 29th July 2017 (Saturday) in the Dnyaneshwara Hall. The objective was to introduce the knowledge and benefits of the ancient science of Yoga, to the students, so that they could be empowered with some basic exercises as a Stress management tool. The session was conducted by Mrs. Pooja Punjabi (Art of Living Faculty - Happiness Course, also the Art of Living Area Co-ordinator: Paud Road (Pune)). She was assisted by two Art of Living volunteers - Sayali and Mithili.

Mrs. Punjabi started the session on an interactive note, wherein the students were asked their views about Yoga. After listening to the variety of answers, she presented a consolidated view.

The event commenced with an innovative Warm up session, where the students were made to play a brief game and asked to form small groups dynamically based on the inputs by Mrs. Punjabi. This was thoroughly enjoyed by all participants, and they were soon ready for the Yoga activity, with cheerful faces.

Initially some basic set of exercises were demonstrated by Mrs. Punjabi and the volunteers, and the same were done by all participants. This was followed by the string of Yoga *Asanas*, all of which were performed enthusiastically by the students. The two Volunteers guided the students while the latter performed yoga, and ensured that all were doing it correctly. The Instructor's presence of mind and sense of humour, added to the zeal of the students, who actively participated in performing all the *Asanas*. Some of the *asanas* worth mentioning are - Pavan Muktasana, Sharbaasana and Parvat asana.

After all the Yoga *asanas*, a guided meditation was conducted for 20 minutes, during which the students were asked to lie down comfortably and relax. The

soothing music and the deep meditation helped the students to relax their mind and body. At the end of this session, rejuvenation and calmness was evident from the faces of students, all of whom felt very refreshing.

This was followed by some advice from the Instructor - effects of Yoga on mind and body, long term benefits, how to incorporate Yoga in daily lives etc

The event concluded with student representative Yash Lele presenting a Vote of Thanks and a summarized feedback on behalf of all students, wherein he expressed gratitude to the Guests for energizing them with this powerful technique and making them aware of the tremendous benefits of Yoga on physical and mental health, which is instrumental in Stress Management.

The session was co-ordinated by Prof. S.S. Panicker, Prof. V.B. Patil & Prof. J.N. Gavhane.



