

V.D. (VARUN DHAKA) INSTITUTE OF TECHNOLOGY
Krishan Vihar, New Delhi – 110086

INSTITUTIONAL WORKSHOP ON YOGA & HOLISTIC HEALTH

Cultivating Wellness, Mindfulness & Physical Balance in
Higher Education

SPECIAL ACADEMIC & PRACTICAL SESSION

- Certified Yoga Instructor-Led Asana Training
- Pranayama & Stress Relief for Students & Faculty
- Postural Alignment & Daily Wellness Routines



Institutional Overview & College Profile

About the Institution

- **Institution Name:** V.D. (Varun Dhaka) Institute of Technology (VDIT)
- **Location:** Krishan Vihar, Sultanpuri Road, New Delhi – 110086
- **Academic Philosophy:** Committed to wholesome student development, blending rigorous technical learning with health consciousness and character building.
- **Holistic Campus Life:** Regularly conducts sports events, yoga workshops, mental health awareness drives, and leadership training programs.
- **Student Community:** Equipping future professionals and educators with vital stress-resilience, focus, and self-care skills to excel in academia.



WORKSHOP VENUE: VDIT AUDITORIUM & ACTIVITY HALL

Full cohort participation during the inaugural collective meditation and asana session. Students assembled in traditional meditative postures on yoga carpets under expert guidance.

Workshop Objectives & Key Learning Goals

1 GOAL

1. Physical Well-Being & Posture

Alleviate postural stiffness caused by prolonged desk hours, screen time, and sedentary study habits through targeted spine and joint postures.

2 GOAL

2. Mental Focus & Cognitive Health

Enhance academic concentration, memory retention, and mental stamina using verified yogic concentration and mindfulness methodologies.

3 GOAL

3. Stress & Anxiety Management

Equip students with practical pranayama (breathwork) tools to regulate cortisol levels, ease exam stress, and maintain emotional equilibrium.

4 GOAL

4. Lifelong Healthy Habit Building

Inculcate daily self-discipline, routine morning stretching, and yogic ethics (Yama & Niyama) for enduring health and balanced lifestyle.



Instructor-Led Demonstrations & Guided Practice



Expert Instruction & Form Correction

The certified yoga instructor monitored student alignment individually across the hall, demonstrating optimal posture geometry, spinal straightening, and breathing cues.

Dhyana (Meditation) & Centering

Session commenced with deep seated meditation in Sukhasana and Padmasana, teaching students breath synchronization, grounding exercises, and mental focus.

Interactive Question & Feedback Session

Students engaged with the instructor on managing academic fatigue, overcoming eye strain, and incorporating 10-minute micro-breaks during exam preparations.

Practical Training: Asana & Warm-Up Routines

Session Structure & Practice Methodology

- **Phase 1: Sukshma Vyayama (Warm-Up):** Gentle joint rotations, neck rolls, shoulder openers, and wrist looseners to prep the body safely for asana practice.
- **Phase 2: Dandasana (Staff Pose Foundation):** As captured in live session photo, students seated with upright spine, hands grounded beside hips, elongating the back and hamstrings.
- **Phase 3: Spinal Extension & Twisting:** Progressive forward bends and lateral twists to release lower back tension caused by continuous study bench posture.
- **Phase 4: Coordinated Respiration:** Pairing inhale with thoracic expansion and exhale with flexion to calm the central nervous system and optimize oxygen intake.
- **Phase 5: Cool-Down & Relaxation:** Progressive muscle relaxation restoring normal heart rate and calming student nervous systems prior to returning to class.



Core Yogic Asanas & Scientific Health Benefits



1. Bhujangasana (Cobra Pose)

Relieves lower back pain, improves respiratory capacity, relieves constipation, and reduces abdominal adipose tissue.

4. Makarasana (Crocodile Pose)

Induces deep muscular relaxation, supports spine regeneration, optimizes blood circulation, eases asthma and rheumatic pain.

2. Setu Bandhasana (Bridge Pose)

Strengthens back and neck, stimulates thyroid & abdominal organs, alleviates depression and digestive disorders.

5. Vakrasana (Twisted Pose)

Stimulates spinal nerve centers, aids pancreas function for glucose control, enhances abdominal organ vitality.

3. Utthita Padmasana (Scale Pose)

Fortifies arms, wrists, shoulders and chest; develops deep abdominal core muscles and improves pulmonary function.

6. Chakrasana (Wheel Pose)

Expands chest and ribcage, increases lung volume capacity, stretches abdominal muscles and builds total spinal flexibility.

Student Engagement: Workshop Photo Gallery



Collective Hall Assembly & Meditation



Instructor Supervising Dhyana Posture



Seated Posture & Spinal Realignment

Key Observations & Active Participation Highlights

- High Student Enthusiasm: Active engagement across B.Ed and technical departments of Vdit College.
- Synchronized Collective Practice: Whole-room coordination during breathing exercises, fostering community bonding and mutual encouragement.
- Comprehensive Practical Exposure: Direct hands-on correction ensured students learned safe alignment without physical strain or injury risk.
- Positive Behavioral Feedback: Participants reported immediate feelings of rejuvenation, mental clarity, and reduced academic fatigue.

Workshop Outcomes & Institutional Impact

OUTCOME 1

Improved Posture Awareness

Students acquired acute awareness of ergonomic posture, counteracting slouching and back stiffness from long lectures.

OUTCOME 2

Stress Reduction Mastery

Techniques like Anulom-Vilom and Bhramari Pranayama integrated into students' pre-exam study routines.

OUTCOME 3

Enhanced Focus & Attention

Noticeable boost in student classroom attentiveness, calmness, and cognitive retention post-session.

OUTCOME 4

Institutional Wellness Culture

Reinforced VDIT's institutional commitment to fostering holistic student development alongside formal academic curricula.

WAY FORWARD & INSTITUTIONAL RECOMMENDATION:

Establish a bi-weekly campus yoga club and integrate 10-minute mindful breathing sessions into daily college assemblies and orientation programs.

THANK YOU

“Yoga is the journey of the self, through the self, to the self.” — The Bhagavad Gita

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Dedicated to Academic Excellence, Holistic Wellness & Youth Empowerment

Special Appreciation to the College Management, Workshop Facilitators, Faculty Members, and Participating Students.