

One-Day Yoga Workshop on the Occasion of Swami Vivekananda Jayanti

11th January 2025

On the auspicious occasion of Swami Vivekananda Jayanti, a one-day Yoga Workshop was organized on 11th January 2025 by Dr. Madhu Tandon B.Ed. Faculty.

The workshop aimed to promote physical fitness, mental well-being, and spiritual discipline among the pupil-teachers. As a mark of tribute to Swami Vivekananda's vision of youth empowerment and holistic education, a collective Surya namaskar (Sun Salutation) session was conducted.

The students of the faculty participated enthusiastically and performed Surya namaskar in unison, creating an atmosphere of energy, focus, and harmony. Such events play a vital role in integrating traditional Indian practices into the modern educational framework and instilling values of health and self-discipline in future educators. The workshop concluded with words of encouragement and reflection on the importance of yoga in everyday life.

