

## **Report on Workshop: A Healthy Mind in A Healthy Body**

The yoga session conducted on Mental Health Day on October 10, 2023, proved to be a transformative experience for our school's teachers. Facilitated by the highly skilled and experienced yoga professional, Ms. Gayatri Iyer, the session went beyond offering a mere respite, becoming a profound exploration of self-care and the paramount significance of mental well-being.

Ms. Iyer, a dedicated practitioner and teacher in the tradition of Sri Krishnamacharya trained at Yoga Vahini (Chennai) for the past three years, commenced the session with an insightful introduction. She adeptly underscored the pivotal role of yoga in sustaining both mental and physical health, particularly crucial for educators managing multifaceted responsibilities.

The yoga session unfolded with a sequence of gentle warm-up exercises, seamlessly transitioning into various asanas (poses) and pranayama (breathing techniques). Ms. Iyer meticulously guided participants through each movement, ensuring correct alignment and emphasizing proper breathing techniques. Participants were encouraged to immerse themselves in the present moment, directing their attention inward and letting go of distractions and concerns. Ms. Iyer championed mindfulness and self-awareness, creating an atmosphere conducive to fostering a deeper connection with oneself.

An important part of the session involved a body scan meditation, expertly led by Ms. Iyer, aimed at inducing relaxation and promoting a sense of inner tranquility. The teachers attested unanimously to the positive impact of the session, expressing feelings of heightened relaxation, focus, and energy. Some even reported a newfound clarity of thought and a profound sense of peace. In essence, the yoga session conducted by Ms. Gayatri Iyer emerged as a resounding success, leaving an indelible mark on the teachers and reinforcing the importance of prioritizing mental well-being in the demanding realm of education.



