

23 - 09 - 2024

MADRAS SCHOOL OF SOCIAL WORK

YOGA AND WELLNESS CENTER

Workshop on Science of Yoga



Chennai, TN, India
Casa Major Road, Thousand Lights West, Chennai,
600006, TN, India
Lat 13.071450, Long 80.252539
09/23/2024 11:44 AM GMT+05:30
Note : Captured by GPS Map Camera



Chennai, TN, India
Casa Major Road, Thousand Lights West, Chennai,
600006, TN, India
Lat 13.071399, Long 80.252509
09/23/2024 11:45 AM GMT+05:30
Note : Captured by GPS Map Camera



Chennai, TN, India
Casa Major Road, Thousand Lights West, Chennai,
600006, TN, India
Lat 13.071398, Long 80.252625
09/23/2024 11:12 AM GMT+05:30
Note : Captured by GPS Map Camera



MADRAS SCHOOL OF SOCIAL WORK
(AN AUTONOMOUS INSTITUTE AFFILIATED TO THE UNIVERSITY OF MADRAS)
ACCREDITED WITH A+ GRADE



YOGA AND WELLNESS CENTER

Demonstration Workshop on

Science of Yoga



Mr. Bijudev M
Chief yoga instructor,
Yofi Holistic Wellness cen

DATE: September 23rd, 2024

TIME: 9 am to 1 pm

Venue: 4th Floor Auditorium

Point of contact for registration

Proonajith, 3rd B.Sc Psychology - 7338928944
Niveditha, 2nd B.Sc Psychology - 76958 00056
Tamizhselvan, 3rd B.Sc Psychology - 91767 44833
Siddarth, 2nd B.Sc Psychology - 97917 32801

A workshop on the “Science of Yoga” was organised by the Yoga and Wellness center, MSSW on the 23rd of September, 2024. The resource person for the day was Mr. Bijudev M, Chief yoga instructor, Yofi Hoslistic Wellness Center, Chennai.

The session started with a theoretical introduction to basics of yoga and its background. Students were given insights to benefits of practicing yoga and its influence on their mental and their physical wellbeing. A general understanding on various principles and sciences behind performing various asanas were given during the theoretical session. The second half of the workshop concentrated on demonstration of various asanas, pranayamas and few meditative techniques.

Students were excited to participate and at the end of the sessions, they had shared their experience of mental and physical ease after performing yoga.