21st June, 2019

**Department of Philosophy**

International Yoga Day

A Report

SIES College of Arts, Science and Commerce (Autonomous), Sion West celebrated ‘**International Yoga Day**’ organized by **Department of Philosophy** in association with **Past Students’ Association** on 21st June, 2019. A session on ‘**Chair Yoga**’ was conducted by Mr. Sandeep Solanki, completed formal Yoga training from Sivananda Yoga Vedanta Dhanvantari, Kerala, a renowned Yoga trainer and an accomplished Posture Alignment Specialist.

The session started with a brief introduction to Yoga as a holistic school of Indian Philosophy by Mr. Sandeep Solanki. He mentioned that in this fast paced life, our body is subjected to extreme levels of stress and brought out the significance of ‘Chair Yoga’ as a solution to it. Mr. Solanki proceeded with an interactive demonstration of simple postures, aimed at relaxation of the muscles of fore arm, shoulder joints, hip and the back. The audience performed some of the simple postures such as Elephant ears, Folded and straight arm stretch, Backward bending on chair, Lateral bending and the session culminated with Deep breathing under his supervision. The highlight of ‘Chair Yoga’ session was very well explained by Mr. Sandeep Solanki as the anatomy of the human body and its every posture is specifically designed to align our mind and body.

The ‘Chair Yoga’ session inspired the audience to inculcate mindfulness in their way of life. Yoga, as a path to live a healthy and content life, was the takeaway message for all.

Ms. Vrushali Gupte

Chairperson

Philosophy Association