

DEPARTMENT OF INFORMATION SCIENCE and ENGINEERING

Report on YOGA Session - Flex Your Mind: Yoga for Inner Strength

EVEN SEM (IV and VI SEM 2024-2025)

The Department of Information Science and Engineering, New Horizon College of Engineering organized a Yoga Session - Flex Your Mind: Yoga for Inner Strength on Friday, 9th May 2025 at the Indoor basket ball Stadium for IV and VI SEM students at 09:00 AM.

Objective

The primary objective of the yoga event "Flex Your Mind" was to emphasize mental flexibility—the ability to adapt, mindfulness, and think clearly under stress. It suggests that yoga helps not just your body, but also your mind. Yoga for Inner Strength session focused on building resilience, self-awareness, and emotional stability. Inner strength here means the capacity to stay grounded, focused, and positive, even when life gets difficult.

Poster



The poster features a dark background with a silhouette of a person in a yoga pose. At the top, logos for New Horizon College of Engineering, the college's emblem, and IEEE are displayed. The text on the poster includes the department names, workshop title, instructor's name and photo, date, time, location, and semesters. At the bottom, it lists the faculty coordinators and conveners.

NEW HORIZON
COLLEGE OF ENGINEERING

Department of Information Science and Engineering
Department of Computer Science and Engineering (Data Science)

Workshop

Flex Your Mind
Yoga for Inner Strength

 **Mrs Komala Sairam**
Yoga Instructor

📅 9th May 2025
🕒 09:00 AM to 11:00 AM
📍 Indoor Stadium
🎓 4th and 6th Semester

Faculty Coordinators
Dr. Kalavani D
Associate Professor, ISE
Mr. Sankhadeep Pujaru
Assistant Professor, CSE (DS)

Conveners
Dr. Vandana C P
Associate Professor, HOD - ISE
Dr. B. Swathi
HOD - CSE (DS)

Event Summary

The event began at 09:00 AM with enthusiastic energy. A certified yoga instructor, Mrs Komala Sairam, was invited to lead the session. The session started with a brief introduction to yoga, its origins, and its benefits for mental and physical health. Increased patience and self-control, stronger mind-body connection are some of the benefits of yoga as well. The instructor highlighted how regular yoga practice can improve flexibility, boost immunity, enhance self-awareness, and reduce stress.

Activities Conducted

1. **Breathing Exercises:** The session started with Pranayama (breathing exercises) to help calm the mind and improve focus.
2. **Warm-Up Exercises:** Participants were led through a series of gentle stretches to prepare their bodies for yoga postures.
3. **Asanas (Postures):** The instructor demonstrated various beginner and intermediate asanas, including Tadasana (Mountain Pose), Trikonasana (Triangle Pose), Uttanasana (Standing Forward Bend), Vrikshasana (Tree Pose), and Bhujangasana (Cobra Pose). Participants actively joined in, following the instructor's guidance.
4. **Surya Namaskar:** The instructor demonstrated a sequence of 12 yoga poses traditionally performed in a flowing sequence. It is often used to start a yoga practice as it stretches and strengthens the body while connecting breath with movement. It's a powerful way to honor the sun, which symbolizes energy, vitality, and life.
5. **Meditation and Relaxation:** The session concluded with guided meditation and relaxation, allowing participants to experience a deep sense of calm and mindfulness.

Feedback and Participation

The participants expressed their satisfaction with the session, noting that it was a refreshing experience amidst their academic commitments, and they praised the program for enhancing their mental strength, emotional resilience, and self-awareness. Many expressed how yoga has positively impacted their daily lives, providing tools to manage stress, and increased focus. Many attendees conveyed an interest in continuing to practice yoga. The instructor provided useful tips for incorporating yoga into busy schedules and offered recommendations for further practice.

Conclusion:

The yoga event was a successful initiative that effectively conveyed the importance of health and wellness through yoga. The event received positive feedback. "Flex Your Mind: Yoga for Inner Strength" is more than a call to stretch your body—it's an invitation to build mental and emotional resilience. Through mindful movement, breath control, and inner reflection, yoga helps you stay calm under pressure, face challenges with confidence, and live with greater clarity and balance. By practicing regularly, you cultivate not just a flexible body, but a strong, centered, and empowered mind.

Glimpses from the Event







Faculty Coordinator

HoD-ISE