

‘De-stressing through Yoga and Meditation’

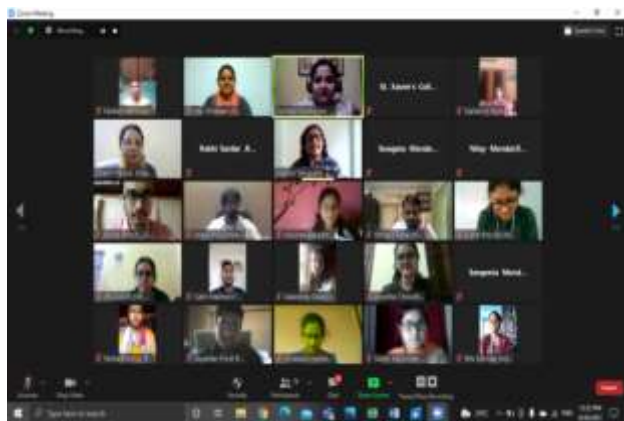
- Accompanying the young during the pandemic

The 21st of June, is observed as International Day of Yoga all over the world. With the current pandemic spreading its tentacles deep and fast into our daily lives and the rising stress due to studies, examinations, jobs, relationships etc. has left us helpless. Therefore it has become even more important to embrace and adopt yoga and meditation as a positive lifestyle habit.

On this occasion, the NSS at St. Xavier’s College organised a session on **‘De-stressing through Yoga and Meditation’ – Accompanying the young during the pandemic.**

Mr. Adwitio Sengupta, a 2011 pass out and a trained yoga specialist was the resource person. He started the interactive session by asking the students about reasons for stress their lives. The response from the students ranged from exams, jobs, to relationships and pressure to be successful. He then explained that none can evade stressful situations in life, but one can train one’s mind on how to respond to such situations. That training of mind is what yoga and meditation was all about. He went on to explain the various benefits and methods of yoga that can be used to de-stress in the current pandemic situation. He made the session interesting by citing examples from his own life and how he dealt with it.

Towards the end of the session, Mr. Sengupta along with Saptarshi Basu, (NSS student Board member and a semester IV student of commerce from Raghampur campus) demonstrated some simple techniques to fight stress. More than 70 students (from both campuses) participated in this session. All their queries were answered by Mr. Sengupta with precision and demonstration in the Q&A session. This helped the participants to understand how yoga and meditation can help in the present stressful situation.



Participants with the resource person



Resource person and NSS student demonstrating techniques to fight stress
