REPORT

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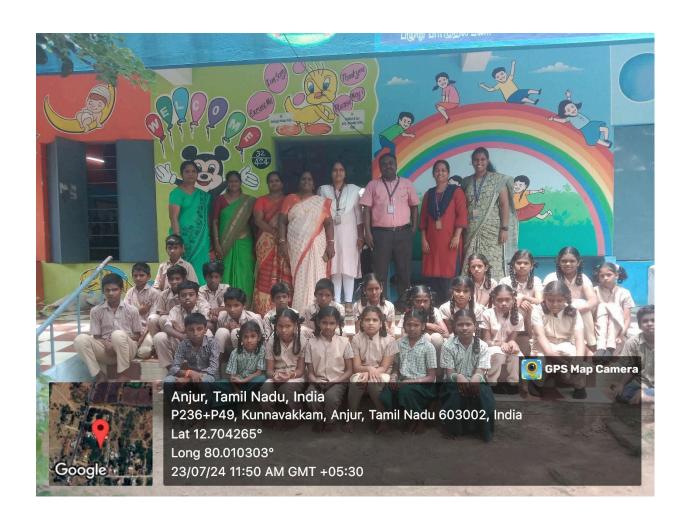
One Day Outreach Programme on Daily Yoga Routine @ Pattaravakkam



An Outreach Programme on Daily Yoga Routine was organized by SRMIST, EEE department in association with Unnat Bharat Abhiyan (UBA) team and Universal human values at the UBA adopted village Pattaravakkam on 23.07.2024.

The daily yoga routine event at Pattaravakkam Government School was initiated to promote physical and mental well-being among students. Recognizing the numerous benefits of yoga, the school aimed to incorporate this ancient practice into the students' daily schedule, fostering a healthier and more balanced lifestyle.

The program includes various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques suitable for children of all ages. The main objectives of the yoga routine event such as to improve students' physical health by enhancing flexibility, strength, and coordination and to boost mental well-being by reducing stress, anxiety, and improving concentration.







The yoga sessions was conducted by Dr. K. Usha, Department of Yoga, Directorate of distance education, SRMIST. The program is designed to be inclusive and accessible to all students, regardless of their physical abilities. The response from the students has been overwhelmingly positive. Many students have reported feeling more energetic and focused throughout the session.

The headmistress of the Pattravakkam Government School, Ms. Rajasekari, and her co-teachers thanked the UBA EEE team Dr. R. Sridhar, Dr. A. Geetha, and Dr. S. Usha, for organizing the event.