



Event“YOGA AND HEALTHY FOOD HABITS”- A Way Of Life”

Day and Date- 22/02/2023 Wednesday

Time-11:00 am Onwards

Participating Students- D.El.Ed & DPSE Students

Programme Head – Ms. Rajni Yadav

Need to organise event:-

To improve strength, balance and flexibility of the body yoga is necessary. Yoga is meant to be a system of increasing awareness and decreasing disease. Through compassionate self-awareness, it is possible to have yoga practice that goes beyond the physical activity.

Healthy eating is all about making positive choices, focusing on food which provides necessary nutrients to maintain good health.

Objectives of the event

1 Yoga helps strengthen students growing bodies and help them to improve their flexibility.

2 Yoga can reduce challenging behaviors in the classroom by providing a physical outlet for children to express themselves.

3 To reinforce specific nutrition-related practices or behaviors to change habits that contributes to poor health.

4 Creating a motivation for change among students to establish desirable food and nutrition behavior for promotion of good health.

Report of Event

As instructed by NCTE event on YOGA AND HEALTHY FOOD HABITS –“A WAY OF LIFE” was organized by Tecnia Institute Of Teacher Education in it's campus on 22/02/2023. All students participated with great enthusiasm and zeal. After morning assembly yoga activity was conducted by Ms Rajni Yadav faculty of TITE . Students performed various assans like: anu lom vilom , bhastrika, bhramri, kapal bhati,bhujang asan, shav asan etc. In afternoon health and nutrition activities were performed by students under guidance of Ms Rajni Yadav . Students prepared various non flammable nutritious items like: sprouts chat , fruit custard, vegetable sandwich, fruit cream etc. Students were very delighted to prepare food items . They learnt presentation and developed serving skills as well. They learnt about nutrition value of various food items. They became aware about importance of healthy food.



