

# **“Yoga and Healthy Food Habits: A Way of Life”**

**A  
Report on Workshop as Part of Celebration  
of**

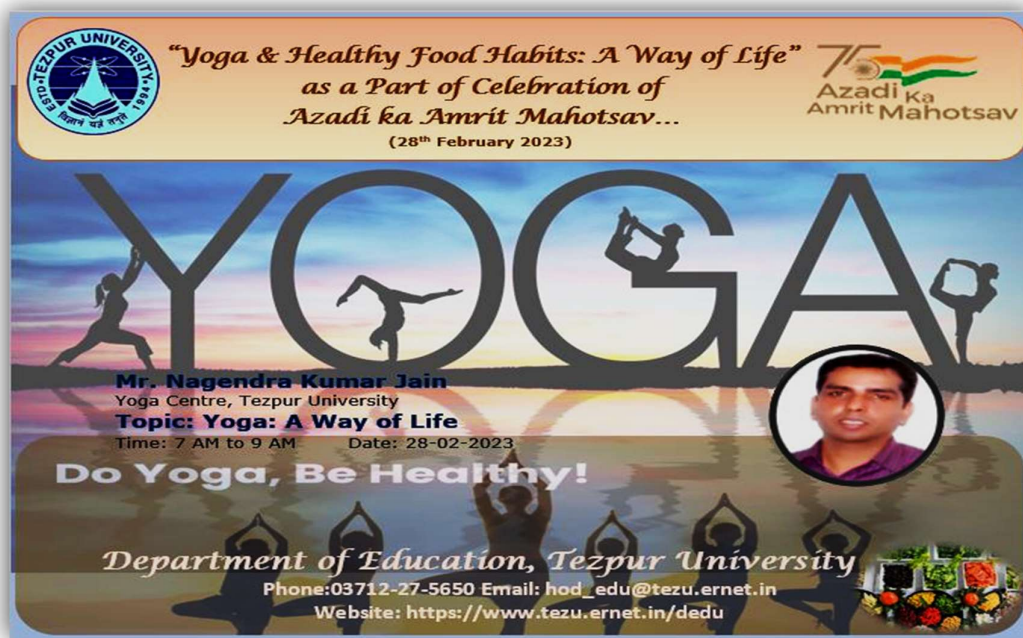
***Azadi ka Amrit Mahotsav (AKAM)***  
***(Conducted on 28<sup>th</sup> February & 1<sup>st</sup> March, 2023)***

**Submitted  
by  
Dr. Gopal Singh  
Workshop Co-ordinator**



**Department of Education  
Tezpur University  
(A Central University, Tezpur-784028:Assam)**

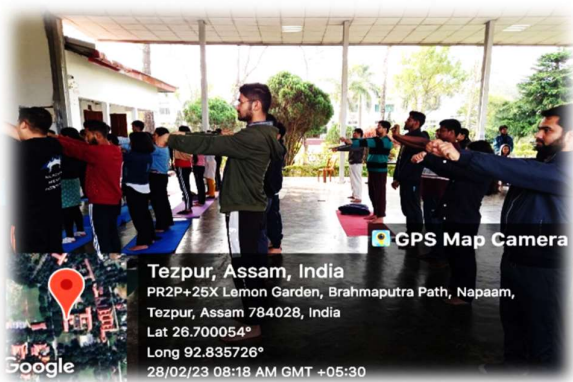
**T**wo Days Workshop on “Yoga and Healthy Food Habits: A way of Life” as a part of celebration of Azadi Ka Amrit Mahotsav (AKAM) was organized by the Department of Education, Tezpur University, Assam on 28<sup>th</sup> February & 1<sup>st</sup> March, 2023. Yoga and healthy food habits can contribute to an individual’s well-being. A balanced diet along with good nutrition and yoga routine is very helpful in creating balance between mind, body and soul. The role of diet in yoga - it improves health, energy levels, reduces the need for medication, in some cases reverse all signs of disease and ensure overall wellbeing. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind. Keeping this in view, a morning yoga session (Day-1 *Yoga: A Way of Life*) was conducted at Venue: Community Hall, Tezpur University on 28<sup>th</sup> of February 2023 with 100 participants i.e., included prospective teachers, students, research scholars, faculty members and interested ones.



**Dr. Gopal Singh, Workshop Coordinator** welcomed everyone on the behalf of **Department of Education**. The resource person of the event, **Mr. Nagendra Kumar Jain**, Guest Faculty, Yoga Centre, Tezpur University was felicitated by **Prof. Nil Ratan Roy, Head, Department of Education**. The resource person **Mr. Nagendra Kumar Jain** presented a basic idea on what yoga is, its importance, types of yoga’s, the yamas and niyamas of yoga, the practical implications of yoga, asanas, pranayama, dharana, its practical implications and attainment of samadhi in details. After having detailed interactive session with all stakeholders, around 8:15 AM the practical yoga session started with Om Chants followed by a short prayer. *A prayer was offered to Maharishi Patanjali as a gesture of gratefulness.* Asanas started with warming up and stretching followed by Sukhasana, Padmasana, Trikonasana, Veer Bhadrasana, Shavasana. Asanas for relieving neck pain, shoulder pain, back pain, knee joint pain and enhancing flexibility were taught which could be adopted by the individuals. Cycling

pose, Cat pose, squats, bridge pose were some. Breathing/Pranayama was done, and its benefits were shared. The practical session concluded with SOHUM meditation and three Omkaras. Mr. Nagendra Kumar Jain motivated our prospective teachers, students, research scholar & faculty members and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. Towards the end of event, *Dr. Gopal Singh* thanked the resource person for sharing his knowledge with all participants.

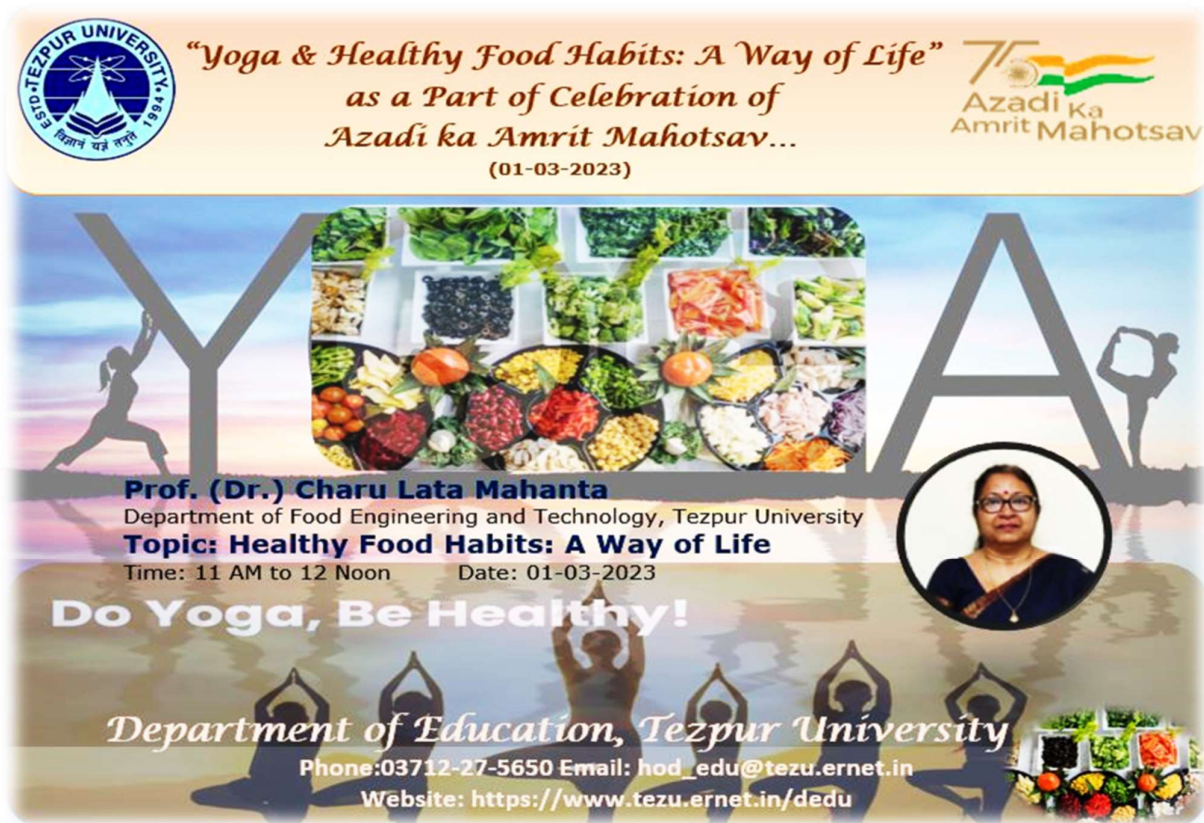
**Prof. Nil Ratan Roy, Head, Department of Education** thanked everyone for making this event an impactful one and shared how happy he felt to see the jovial faces of the youths after the yoga session. The event was concluded at 9:30 AM with healthy refreshment. The session was refreshing, reviving and relaxing according to all the stakeholders present at the community hall, Tezpur University.





## Day-II

Keeping in view the importance of healthy consumption of food, a session (Day-II Time:11AM to 12Noon Date: 1<sup>st</sup> March,2023)was organized in the seminar hall, Department of Education to spread awareness among all the prospective teachers, students, research scholars, faculty members and interested ones regarding healthy food habits. **Dr. Gopal Singh, Workshop Coordinator** welcomed everyone on behalf of the **Department of Education** for the session on “*Healthy Food Habits: A Way of Life*” as a part of celebration of **Azadi ka Amrit Mahotsav (AKAM)**. The resource person of the event, **Prof. (Dr.) Charu Lata Mahanta, Department of Food Engineering and Technology, Tezpur University** was felicitated by **Prof. Nil Ratan Roy, Head, Department of Education**.



Prof. (Dr.) Charu Lata Mahanta presented and talked on why we eat food and questioned the crowd whether we eat to live, or we don't live to eat. She explained enormously on the protective foods, growth foods, fuel foods, food groups, carbohydrate rich foods, protein rich foods, fat rich foods, vitamin rich foods, minerals rich foods. Foods provide carbohydrates, proteins, fats, minerals, vitamins and bioactive components were discussed. She spoke on the variety of foods and explained the food pyramid proposed by ICMR which consisted of four levels- *Eat Sparingly, Eat Moderately, Eat Liberally, Eat Adequately*. She emphasized the importance of no smoking, no alcohol intake and exercise. She rigorously spoke on what a balanced diet is and how to make our diet a balanced one. She also enlightened on the water-soluble vitamins, thiamin deficiency, deficiency of folates, deficiency of

vitamin-C, deficiency of calcium, iron deficiency and thiamin rich foods, Mediterranean diet, Omega-3 consumption along with the food safety laws and departments like FSSAI. Toward the end of the session, the aforementioned discussion on healthy food habits was also followed by an interactive session (question-answer) on lactose intolerance, gluten-free food, fatigue-free food, vegan diet and bursting of the myths on food. *After this Dr. Gopal Singh, Coordinator of Workshop thanked the resource person for sharing her knowledge on very relevant theme selected for the workshop with all participants.* The informative session concluded with the vote of thanks from **Prof. (Dr.) Nil Ratan Roy, Head, Department of Education** around 12:30 PM with healthy refreshment. The session was informative & refreshing according to all the stakeholders present at the seminar hall, Department of Education.



GPS Map Camera

Parmai Gaudi Gaon, Assam, India

Located in : School of Humanities and Social Sciences Complex,  
Tezpur University, Napaam, Parmai Gaudi Gaon, Assam 784028, India

Lat 26.697566°

Long 92.830699°

01/03/23 11:14 AM GMT +05:30

