



مولانا آزاد نیشنل اردو یونیورسٹی
MAULANA AZAD NATIONAL URDU UNIVERSITY
(A Central University established by an Act of Parliament in 1998)
(Accredited with Grade "A" by NAAC)

College of Teacher Education, Bhopal

کالج آف ٹیچر ایجوکیشن، بھوپال

REPORT

OF
WORKSHOP ON

YOGA AND HEALTHY FOOD HABIT:

A WAY OF LIFE

FEBRUARY 2023



On 6-7 February, a workshop on 'yoga and healthy food habits- a way of life' was organized in CTE Bhopal MANUU. Students and faculty both participated in this programme. Mr. Fahim Ahmed, the Physical Education teacher, took charge for leading the programme. He explained how to incorporate yoga into one's own lifestyle, and how, further, to make exercise a part of one's daily life.

The students and staff alike were enthusiastically participated and enlightened by the information shared through the program, and seemed eager to apply the learned knowledge into the practical, and into everyday life. The programme served as a way to allow all members of CTE Bhopal to become aware of how yoga, as well as other forms of exercise, serve to better a person's life through gradual changes.



Prof Noushad Husain shared the history of yoga, making the students and the staff alike aware of how yoga has become a part of the unique identity of India, both within the country, and abroad. He also provided an illuminating perspective on the spiritual aspects of yoga as well. Dr. RafeedAli enlightened the students about the healthy food habit and how it may become a part of our life.

At last, the convener of the programme, Dr Jaki Mumtaz presented a vote of thanks and programme was concluded with the students vowing and assuring to make yoga an essential part of their daily lives.



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