



MAHARASHTRA EDUCATION SOCIETY'S

MES NIGHT COLLEGE OF ARTS & COMMERCE

(Affiliated to Savitribai Phule Pune University, Pune)

(Recognized by Government of Maharashtra)

(Accredited by NAAC)



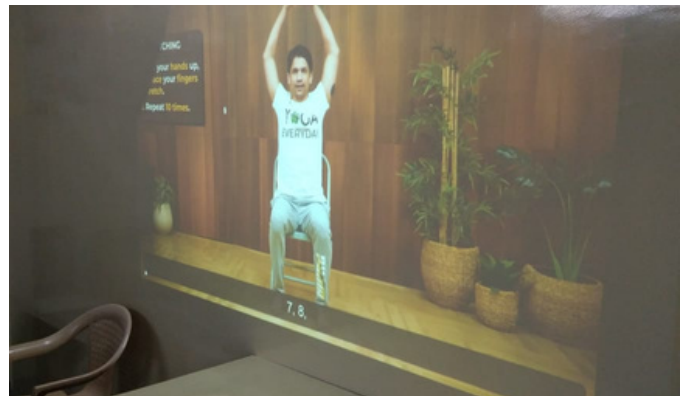
International Yoga Day – Chair Yoga Session

On the occasion of International Yoga Day, MES Night College of Arts and Commerce organized a Chair Yoga Session on 20 June 2026 for all teaching and non-teaching staff members. The session was conducted using the Chair Yoga demonstration available through the provided video link .

(https://youtu.be/ihcBeW0eMWc?si=4GvmwPLJdaL65_ol) .

Date: 20 June 2026

Participants: Teaching and Non-Teaching Staff Members



(https://youtu.be/ihcBeW0eMWc?si=4GvmwPLJdaL65_ol)



Advantages of Chair Yoga

- Improves flexibility and joint mobility.
- Reduces neck, shoulder, and back pain caused by prolonged sitting.
- Enhances blood circulation and posture.
- Relieves stress, anxiety, and mental fatigue.
- Increases concentration and productivity.
- Promotes relaxation and emotional well-being.
- Suitable for people of all age groups and fitness levels.

All staff members actively participated in the yoga activities while remaining seated on chairs, making the session accessible and comfortable for everyone.

Chair Yoga is a simple and effective form of yoga specially designed for individuals who spend long hours sitting or who may have limited mobility. The session included stretching exercises, breathing techniques, relaxation practices, and gentle movements aimed at improving physical and mental well-being.

The program created awareness about the importance of incorporating yoga into daily life and encouraged staff members to adopt healthy habits for stress management and overall wellness. The participants enthusiastically performed the exercises and appreciated the practical benefits of Chair Yoga in reducing workplace stress and improving concentration.



Outcomes of the Program

1. Staff members gained awareness about the importance of yoga for a healthy lifestyle.
2. Participants learned simple chair-based yoga techniques that can be practiced at the workplace.
3. The session helped reduce stress and promote mental relaxation.
4. Improved understanding of physical fitness, posture correction, and flexibility.
5. Encouraged regular practice of yoga for maintaining overall health and well-being.