CHITKARA UNIVERSITY

CHITKARA UNIVERSITY | Centre of Excellence for Sustainability

YOGA & WELLNESS SESSION

Rejuvenating session focused on physical wellness, relaxation and mindful living for female staff



Resource Person

Mr. Pardeep Kumar
(Yoga Instructor)

Venue: Sportorium

On 17 October, 2026
11:00 AM onwards

Organised by:

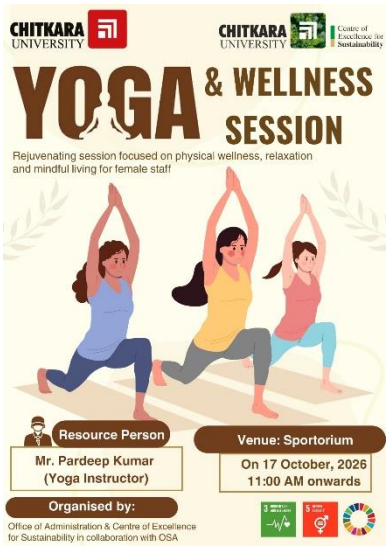
Office of Administration & Centre of Excellence for Sustainability in collaboration with OSA

3 GOOD HEALTH AND WELL-BEING

5 GENDER EQUALITY

Event details	
Event Name	Yoga & Wellness Session for Female Support Staff
Date	17 October 2026
Organizers	Office of Administration in collaboration with the Centre of Excellence for Sustainability (CUCES) and the Office of Student Affairs
Venue	Sportorium, Chitkara University
Resource Person	Mr. Pardeep Kumar, Yoga Instructor
No. of Participants	100 female support staff members
SDG No.	3, 5

OBJECTIVE



The session aimed to create awareness about the **importance of yoga**, **meditation**, and **mindful breathing** in maintaining a **healthy lifestyle**. It focused on introducing participants to **simple yoga techniques**, **meditation practices**, and **physical exercises** that can help **improve flexibility**, **reduce muscle stiffness**, **enhance concentration**, and support overall physical and mental well-being. Special emphasis was placed on the importance of relaxation, neck and cervical health, abdominal exercises, and maintaining a balance between physical and mental wellness.

Furthermore, the initiative encouraged participants to incorporate simple yoga movements and mindfulness practices into their daily routines. It aimed to motivate female support staff members to prioritize their health, manage everyday stress, and adopt regular wellness practices for a healthier and more balanced lifestyle.

DESCRIPTION

The resource person guided participants through various yoga and wellness practices, including:

- Meditation and chanting of the sacred sound “Om” to promote calmness, concentration, and inner balance.

- Understanding the importance of sound and vibration in meditation and mindful breathing.
- Gentle stretching and bending exercises to improve flexibility and reduce physical stiffness.
- Neck rolls and specific movements to support neck and cervical health.
- Abdominal yoga exercises to promote core strength and physical fitness.
- Importance of regular yoga practice for relaxation, mindfulness, and overall well-being.
- Incorporating simple yoga techniques into daily routines for maintaining a healthy lifestyle.

Recognizing that support staff often remain focused on their daily work responsibilities, the Centre of Excellence for Sustainability organized this special yoga session to encourage them to give equal importance to their physical fitness, health, and personal well-being. The initiative aimed to motivate them to adopt simple yoga practices in their daily lives and maintain a healthy work-life balance.

During the session, **Mr. Pardeep Kumar** demonstrated various yoga techniques and guided participants through meditation and the chanting of "**Om**". The practices helped participants understand the importance of **mindful breathing**, **relaxation**, and **concentration**. **Gentle stretching**, **bending exercises**, **neck rolls**, and **abdominal yoga** movements were also demonstrated to **support flexibility**, **relieve stiffness**, and **improve physical well-being**.

The session provided participants with an opportunity to learn simple and practical yoga techniques that can be incorporated into their daily routines.

OUTCOMES

The session enhanced awareness among female support staff members about the importance of yoga, meditation, and mindfulness in maintaining physical and mental well-being. Participants gained practical knowledge of simple stretching exercises, breathing techniques, neck movements, and abdominal yoga practices. The session also encouraged them to adopt regular wellness activities, manage everyday stress, and prioritize their personal health.


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