

Department of Physical Education

Department: Department of Physical Education

Activity: Workshop

Date: 8th September 2020

Title of Activity: “The Guide Towards Relaxation”

Industry/Resource Person: Dr,Rajalakshmi

Report:

The Department of Physical Education at Mount Carmel College organised a workshop on “The Guide Towards Relaxation” on 8th September 2020.

The motive of this session was to educate students on various exercises to do while attending online classes in order to maintain health and wellness during the pandemic. It is also essential in dealing with day-to-day stress and anxiety.

The target audience for this workshop were parents, faculty members and students who spend multiple hours at home seated in front of a laptop or screen and to help them incorporate exercises into their daily routine.

The workshop was headed by Ms. Rajalakshmi, B.P.T.M Sc. (Psy), M.I.A.P. who is Freelancer and SR consultant and physiotherapist. She directed students in an interactive and informative session on the importance of exercise during long hours of screen time.

Ms. Rajalakshmi spoke in detail about the anatomical structure of the body and the role of various muscles and joints. She spoke about how since the beginning of the pandemic, students and young employees have been living a sedentary lifestyle and have been spending several hours in a day sitting, not getting enough exercise or movement.

This has come about due to the shift of college classes and work from the offline to online mode. This has resulted in several people gaining weight due to lesser movement and exercise.

Ms. Rajalakshmi displayed and explained certain exercises that will help students and young employees staying at home. These exercises require no gym equipment and has no costs. They are all exercises that can be done in the safety and comfort of a home and can be performed as breaks from laptop screens. The exercises included: joints, muscles, face and eye exercises and can even be done while sitting down.

She also interacted with the audience in asking them to join her in doing exercises and educated them about the benefits of these exercises, and the effects of them on the body.

The takeaways from this workshop were the importance of exercise during the work day while staying at home, the negative effects of sitting idle for long hours and the positive effects of taking exercise breaks during the day and how to look after one's body during the pandemic.

Total Number of Participants: 190

Photographs:

