

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

REPORT



TITLE/ TOPIC: Yoga for Voice Culture

DATE: 16.04.2022

TIME: 01:00pm – 2.00pm

RESOURCE PERSON'S NAME: Mr. Ajay

ORGANIZED BY: DAV Public School Thane

World Voice Day is a worldwide annual event that takes place on April 16 devoted to the celebration of the phenomenon of voice. The aim is to demonstrate the enormous importance of the voice in the daily lives of all people.

On this occasion, D.A.V. Public school, Thane had organised a yoga session for teachers on voice culture. The program was well conducted under the guidance of our Principal Mrs. Simmi Juneja.

The key content of the session was :

*How Asana and Pranayam are integrated in voice training method.

*How yoga improves agni and vayu of the body which forms core of the body.

In the session, teachers practiced Kapal Bhati Kriya which stimulates nerves of larynx, pharynx and brain. They also practised Pranayam which relaxes vocal muscles. Special technique like Jivha bandh (Tongue Lock) was also taught with Jalandhar and Udiyan Bandha. It was an enriching experience for all the teachers.

At the end they practised concentration and meditation with Laughter Technique. Overall, the session was rejuvenating, interesting and very informative.



Prepared By: Ajay kumbhar