

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

REPORT



TITLE/ TOPIC: Yoga Therapy For Thyroid

DATE:25/06/2022

TIME:06:00 pm

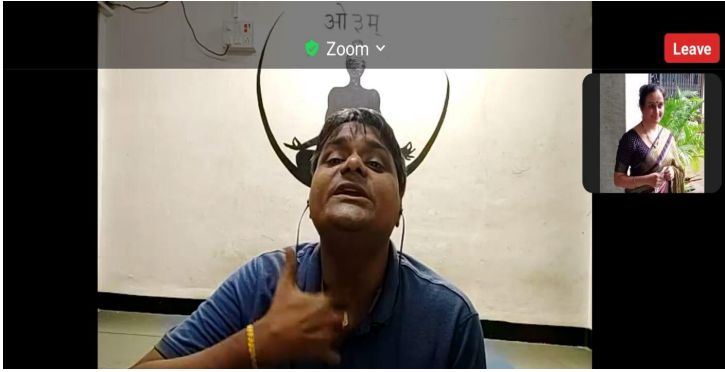
RESOURCE PERSON'S NAME: Mr. Ajay

ORGANIZED BY: DAV Public School Thane

Our body has various glands which produce different hormones that are in turn responsible for certain functions in the body. The thyroid is a butterfly-shaped gland situated in the neck, which produces thyroid hormones that are important for our metabolism. Too much or too little thyroid hormone both lead to complications. Diet, exercise and a proper lifestyle can help balance this hormone's levels. A simple but effective remedy to treat thyroid is to practice yoga.

Today On the Occasion of **World Thyroid Day**, Under **8th International Day of Yoga** Event, **D.A.V. Public School, Thane** conducted an online yoga session on yoga therapy for thyroid. Participant teachers learn about thyroid gland, its function and its related disorders i.e. Hypothyroidism and Hyperthyroidism. They practised asanas Like Sarvangasana, Matsyasana and Halasana which activates thyroid function. They also practised asanas Like Setu Bandhasana, Marjariasana, Shashankasana and Shavasana for Smooth Function of Thyroid Gland. They also learn and Practice Ujjayi And Shitali Pranyam along with Kapalbhati. Participant teachers also clarified their doubts about thyroid disorders and symptoms. The session was very informative and ended with full satisfaction. Entire session was well organization under the guidance of our **Principal Madam Mrs. Simmi Juneja Ji**

SOME SNAPSHOTS



Prepared By: Ajay kumbhar