

Online yoga for fitness lovers in Cov times

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Bhubaneswar: Amid fear of Covid-19 infection, yoga through the online mode is the in thing now.

Several yoga institutions launched online yoga classes during the lockdown. These sessions are not only helping people boost their immunity but also provide the much-needed relief from many chronic diseases like asthma, arthritis, blood pressure and obesity. The change in mode is in tune with the theme for this year's International Yoga Day, "Be with Yoga, beat Home".

Prayaas Yoga Application and Research Institute has been conducting yoga sessions online every day for the last several months with



Fitness freaks enjoy a session at Master Canteen on International Yoga Day on Monday

over 100 participants. "More people felt the need of yoga during the pandemic not only to keep them physically fit but also for their mental health. We are getting very good response. We are doing it for different age groups and divided the participants on their fitness levels. We are emphasising on breathing exercises and conducting special sessions for those who have re-

covered from Covid-19," said Narayan Chandra Nanda, the yoga and naturopathy practitioner, who conducts the classes.

People are joining the sessions through YouTube, Google Meet, Zoom as well as Facebook and WhatsApp. "I have joined online yoga classes for the last few months. Initially, I felt there was the need for one-to-one instruction for posture correction but after a few days there is no major difference between online and offline sessions. The benefits of breathing exercises are amazing as my oxygen saturation remains above 99%," said Debasis Giri, joint commissioner CT and GST, Bhubaneswar.

"Posture correction is difficult in online classes. There cannot be a replacement for

physical sessions where the teacher can see the students. Small screens and internet connectivity pose challenges. For therapeutic treatment, one-to-one instruction is required and it is not possible online," Nanda said.

The 7th International Yoga Day celebrated with much enthusiasm across the state with mass yoga sessions organised by different organisations online and offline by following Covid-19 guidelines. Over 350 students of IIT, Bhubaneswar, participated in a two-day online yoga programme. The session was live streamed and students participated from their hostels and homes across the country. International Yoga Day was observed by a large number of NTPC employees and their families.

