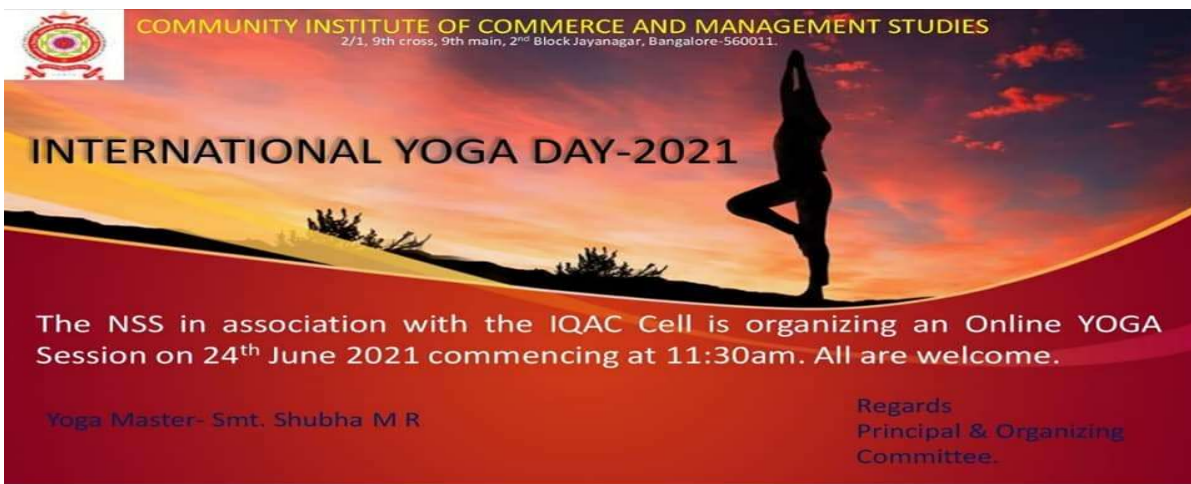




Yoga Day-2021

Yoga Day was observed on 24th June 2021. The offline session was restricted to the staff and students joined the session online.



Shubha M R, Yoga Instructor who has 13 years of experience in the field taught the participants Surya Namaskar (Salute to the Sun or Sun Salutation) is a practice in yoga as exercise incorporating a flow sequence of some twelve gracefully linked asanas:

- Pranam Asana (The Prayer pose)
- Hasta Uttanasana (Raised arm pose)
- Padahasthasana (Standing forward bend)
- Ashwa Sanchalanasana (Equestrian pose)
- Santholanasana (Stick pose)
- Ashtanga Namaskar Asana (Eight limbed salutation)
- Bhujangasana (Cobra pose)
- Adho Mukha Svanasana (Mountain pose)
- Ashwa Sanchalanasana (Equestrian pose)
- Padahasthasana (Hands to foot pose)
- Hasta Uttanasana (Raised arms pose)
- Pranam Asana

She conducted guided meditation as well and stressed on the importance of breath control. She explained its benefits :

- Reduces stress.
- Controls anxiety.
- Promotes emotional health.
- Enhances self-awareness.
- Lengthens attention span.
- May reduce age-related memory loss.
- Can generate kindness.
- May help fight addictions.

She also taught Pranayama an ancient practice of controlling our breath. We control the timing, duration, and frequency of every breath and hold. The goal of pranayama is to connect our body and mind. It also supplies our body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

She advised the participants to practice yoga on a daily basis in order to obtain good physical and mental health.

