

FITNESS CLUB ACTIVITY 2017-18

YOGA WORKSHOP ON

"HEALTH AWARENESS THROUGH YOGA"

Fitness club under the Department of Physical Education organized a workshop on "Health Awareness through Yoga" on 28th September 2017 for staff and students at Sangam Parisar. Resource persons Dr. H .S. Vadiraj , Research officer and Dr. Sangeeth Pai , consultant with one of his volunteer Mr. Shalok came from Central Council for Research in Yoga and Naturopathy (Ministry of AYUSH, Govt. of India). A lecture was delivered by both the resource persons on the benefits of Yoga and Meditation. A presentation was given by Dr. H. S. Vadiraj about concept of yoga, Principals of Yoga therapy, Pranayams and Physiological effects of yoga on our body. Dr. Sangeet Pai given the knowledge of different postures of Suryanamaskar and demonstration present by his volunteer Mr. Shalok on all the 12 steps of Suryanamaskar. The staff members and students were benefitted with this healthy presentations.

Lecture given by Dr. H.S.Vadiraj



Lecture given by Dr.Sangeet Pai:



Demonstration of Suryanamaskar by Mr. Shalok



Workshop attended by Staff and Students



