



## Yoga and Equilibrium Club- 23/08/2019

Yoga Club organized yoga session at our college campus by the club members to the students of First year 2019-20 on 23<sup>rd</sup> August 2019 as part of 23<sup>rd</sup> Induction program.

The program started at 9.00 am in the Seminar hall. Session on Nature, Yoga and Health by Sri Phabhudeva, International Yoga teacher and consultant at TCS, Bengaluru explained about Yoga, Super Brain Yoga, Left and right brain capabilities, structure of neurons and demonstrated few exercises which improves the functionality of brain which in turn increases the memory power. Also explained about breath and mood, Breath patterns as according to emotions, how to regulate breathing by practicing pranayama, energy of mind in meditation, sleep and food, various types of breathing (Nasal and mouth breathing) and also explained how herbs are used as medicine like turmeric, millets at super food, coriander and cloves helps in curing cold, cough and digestive disorders. Few exercises were demonstrated were students performed with interest and advised students to continue the same in future for at least 30 minutes in a day.



