## JYOTI NIVAS COLLEGE AUTONOMOUS BENGALURU



International Yoga Day - Week Two Preparation

Peace of Mind

"Inhale the future, exhale the past."

"Happy are people who make peace, because they will be called God's children."

Session Conducted by Sports Students

Date - 28th April 2022

Venue - PG Auditorium

Time - 3pm

Open to all students of Jyoti Nivas College

## Week 2 preparation commenced, Marching toward International Yoga Day

## **Benefits:**

Yoga works on strength, flexibility, balance, agility, endurance, core, and overall strength, among other things. Any athlete could benefit hugely by adding yoga to her or his training regimen. Flexibility: Practicing yoga increases flexibility and ease of movement, therefore increasing range of motion.

Session started energetically with 24 students in Batch 2.

Mild music was played to boost up them mentally and physically.

Instructions about seating and yoga postures were given.

Students took the positions calmly.

Event started with Yogic Prayer

Harshita Reddy & Sthamba Kalyani of II - B.Com 'C' were the instructors.

Benefits of performing yoga were explained clearly

Stretching was given before yoga

Yoga was performed on -Sitting, standing and lying down postures.

Breathing exercise along with meditation was also concentrated.

Event ended with closing prayer and Vote of thanks.

The event is about the preparation of upcoming International YOGA day which is on  $21^{\rm st}$  June,

## **Moment Captured during session:-**

















Attendance Sheet

Weele-2. Yoga

28/4/2022

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Full Name	Dept/ Combination	<u>Year</u>	Reg. No.
DEVVYAANI JAISHANKAR	1 SEM - MBA	1st year.	21MBA60
Mehreen Khursheed	4th Sem-PECOS	II year.	20PC046A.
SEEMA . C. JANGID	ITSEM - BOOM'B'	Istyean	21BC145
Sanjana . 71	IISEM - BLOMEC)	Ist year	2180235
SEEHA CHOUDHARY	ISEM - BOOM'A'	18T year	218006)
Ramya. L	ISEM- Brom'c'	Flyna	2180229
havya Swee VS	USEM - BCOM"A'	Cost year	2113033
	II SEM - Brom'B'		21 BC 098
Rahsha Belliappa.P	ILSBY-BCOM'C	1st Year	21BC227
Syeda Afreen	4th sem-PECOS	2 nd yr	20HC022H.
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Week- 2. Yoga

28/4/2020

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<u>Full Name</u>	Dept/ Combination	<u>Year</u>	Reg. No.
Siva Shivani.M	BBA	TI year	19BBA045A
Haliza Begun	BCom B	I year	2186105
Neha Singh	B.com 'A'	Ist year	21BC044
Esna s	BLOM'A'	Tst year	2136023
Bwathi. R	BSC BTZL	Ist year	21BTZL017.
Shewithi Rag Mandal &	BISC BTZL	1st Year	21BTZL015
bechen Angnio	Boom TM	Tyear	20BT044A
Tsewong Kitdon	BAHENGS	I year	2011NO30H
Rinchen Angnio	Make BSC CBZ	II year	20 CBZ 040A
Rigzin Response Vangdo	BA PENYS	II year	AFRONGOE ASPOS
Vidya Lakshni	B. wm'A'	Pyear	&1BC080.
Asiya Paranum	BA. HECOS	11 year	2041006f.
STHAMBA KALYANI	B. COM'd	Myear	20BC240H
C. Harshitze Reddy	B.COM'c'	Ryear	20BC19/F
J		V	

The event is about the preparation of upcoming I day which is on $21^{\rm st}$ June,	nternational YOGA
	To be continued!!!