

**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 21st June,

Moment Captured during session:-











Attendance Sheet

The event is about the preparation of upcoming International YOGA day which is on 21st June,

To be continued!!!