

YOGA DAY

“Yoga is the need of the Hour and it helps us to balance Life”

To stress on the importance of physical and mental well-being of students, Avanathi Degree and PG College conducted Yoga program in the college premises on 12th July 2019.

Dr. Kameshwari, a yoga trainer from Sri Avadhoota Datta Peetham, Mysore started the first session by educating the students, faculty and staff about the importance of Yoga. She also told students about her passion for yoga and how she became a yoga trainer by joining Sri Avdhoota Datta Peetham which is a spiritual, cultural and social welfare organization established by her guru Sri Ganapathy Sachchidananda Swamiji.

Second session was an introduction to Kriya Yoga which meant “Yoga of Action”. Kriya yoga is simple, psycho-physiological method by which the human blood is decarbonized and recharged with oxygen. It is a style of yoga that helps you stop and listen to what is inside you and takes you on a harmonious path to soul searching. It is a physical, mental and spiritual practice that helps you release a false egoistic ideal of yourself. The techniques of kriya yoga are about strengthening your intuition and power of healing.

Third session started with students, faculty and staff warming up and stretching followed by a series of Asanas, Padmasana, Vajrasana, Paschimottasana, Pranayama breathing and ending with Shavasana to help rise consciousness and energy levels. She also applauded students for patiently listening to her and said a daily practice of different kriyas can provide strength, flexibility, peace and gives you a sense of balance. This style of yoga can bring tranquility to mind and body by reducing stress.

