


Name of the Activity : Yoga and Meditation course

Organised By : Department of physical education and sport's

Title of the Activity : Yoga and Meditation course

Date and Time : 22nd Feb To 12th March 2021

 <p>The notice is from the Physical Education Department, Belagavi College, Belagavi. It states that the department will be conducting a "Yoga and Meditation Course" for all the students from 22nd February to 12th March 2021, from 6:30 AM to 8:30 AM, in the school grounds. The notice also mentions that the course is free of charge and that the students should bring their own mats. The notice is signed by the Physical Education Director, Dr. Smt. Richa Rao, and dated 22/02/2021.</p>	<p>Yoga Course conducted which involved following methods for the students: Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. It involves movement, meditation, and breathing techniques to promote mental and physical well-being. There are several types of yoga and many disciplines within the practice.</p> <p>Standing Asana: Tadasana, Vrikshasana, Ardhaachakrasana, Ardhaachandrasana, Padmasana, Trikonasana, Natarajasana.</p> <p>Sitting Asana: Pachimotanasana, Janusirasana, Bhoomiasana, Ardhamatsendrasana, Vakrasana, Vajrasana, Ustrasana, Shashankasana,</p> <p>Supine line and Pro line: Ardhaahalasana, Uttanpadasana, Sarvangasana, Pawanmuktasana, Setubandhasana, Bhujangasana, Salvasana, Naukasana, Vipritnaukasana, Dhanurasana,</p> <p>Pranayama: Anulomw Vilome, Kapalbhathi, Bhastika, Bhramri, Om Uccarana.</p> <p>Meditation Technique</p> <p>PARTICIPANTS : 34</p> <p>COORDINATOR : Dr. Smt. Richa Rao, Physical Director</p>
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