


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>NOTICE</p> <p>SPORTS DEPARTMENT</p> <p>This is to inform that sports department will be organizing "Yoga and Meditation Course" for all the interested students from 22nd February to 12 March 2021 at 6:30 to 7:30 am and 4.30 to 5.30 pm in indoor stadium. All the Interested students enroll your name to your Physical Education Director Dr. Richa Rao on or before 20.02.2021.</p> <p>Note:</p> <ol style="list-style-type: none">1. Sports kit is compulsory.2. Bring your personal Yoga mat.3. Total course will be of 30 hrs. <p>PHYSICAL DIRECTOR B.V. Bellad Law College, Belagavi</p> <p>PRINCIPAL B.V. Bellad Law College, Belagavi</p> <p>Place: Belagavi Date: 16.02.2021</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, Ardachakrasana, Ardachandrasana, Padhasanasana, Trikonasana, Natrajasana.</p> <p>Sitting Asana: Pachimotasana, Janusirasana, Bhoomiasana, Ardhamatsendrasana, Vakrasana, Vajrasana, Ustrasana, Shashankasana,</p> <p>Supine line and Pro line: Ardhalhasana, Uttanpadasana, Sarvangasana, Pavanmuktasana, Setubandhasana, Bhujangasana, Salvasana, Naukasana, Vipritnaukasana, Dhanurasana,</p> <p>Pranayama: AnulomwVilome, Kapalbhathi, Bhastika, Bhramri, Om Uccharana.</p> <p>Meditation Technique</p> <p>PARTICIPANTS : 34</p> <p>COORDINATOR : Dr. Smt. Richa Rao, Physical Director</p>
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