

YOGA AND MEDITATION LIFE SKILL PROGRAMME

A few minutes of yoga during the day can be a great way to get rid of stress that accumulate daily, in both, body and mind.

With this aim in mind, on 12th September 2019 Adhythma forum of Alva's college organizes special sessions on Yoga and Meditation Life Skill was organized in Commerce Seminar Hall. The session begin by seeking the blessings of Almighty. Asanas starting with warming up and stretching were followed by Padmasana, Sukasana, Tadasana, Bujangasana and ends with Shavasana. It is followed by Pranayama and Meditation. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back are practicing. Other than these talk by the spiritual speakers and Bhajan and Sankeerthan are the other programmes.





