Yoga Shibir at Green Heaven Institute of Management and Research, Nagpur

Healthy Body leads to Healthy Mind, with this thought in mind Green Heaven Institute of Management and Research, Nagpur had organised a free Yoga Shibir at their campus with the support and cooperation of Shri Anil Sharma, Secretary Jai Durga Bahu-uddeshiya Jankalyan Sanstha. The expert for the shibir was renowned paediatrician and Yoga instructor Dr. Anirudhha Gurjalwar, accompanied by a volunteer Sarang Wadibhasme, from Janardhan Swami Yoga Abhyasi Mandal, Ram Nagar Nagpur. Yoga Shibir started with a welcome address by Dr. T.Kalyani, Director of the Institute, with the explanation as to why Yoga is important in today’s mechanical lifestyle. Yoga is inseparable part of Indian Culture, whereas Indian youngsters are tempted towards western culture. So we should adopt Yoga in our daily routine, which can help us in developing a healthy lifestyle.

Dr. Gurjalwar started off his session of Yoga with warming up exercises which is known as sharir sanchalan, thereafter he gave training and demo of various Yogas like Tadasan, Pawan Muktasan, Navkasass, Padmasan and Pranayam. He also explained the benefit of these yogas to different parts of our body and mind. This Yoga shibir was also attended by few people from nearby villages. At the end Students and Staff were given an opportunity to ask their queries to Dr. Gurjalwar. The Yoga Shibir was conceptualised by Dr. T.Kalyani and coordinated by Prof. Avinash Bhowate and Vote of Thanks was given by Prof. Arvind Khadse.