

## Session on “Yoga for Mind, Body and Soul”

on

**25<sup>th</sup> May 2023**

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates in our body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation relaxes and rejuvenates the body and mind. Keeping this in mind, a session on “Yoga for Mind, Body and Soul” was conducted for students and staff of Green Heaven Institute of Management and Research.

Yoga instructor Mr. Sumit Yadav took yoga session with great dedication. The session began with warming up and stretching exercises. This was followed by Padmasanas, Sukhasana, Tadasana, Bhujang Asana and Shavasana. The instructor also explained the importance of each pranayama and exercise. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers.

Few specific exercises as per the query of the participants were also explained and practice conducted.

The program was coordinated by Dr. Rajani Kumar under the supervision of the Director, Dr. Anil Sharma.



