

Professional Society Event - Yoga

'Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.'

With immense pleasure. We would like to share the report of the Seminar held on 17.04.2023 at 10.00 a.m on YOGA at K102 Smart Room, Phase II campus. Yoga inspires us to reveal our fears or hesitations so we can grow beyond them into new uncharted potential. The event instigated with a warm welcome address by Dr.Senthamizh Pavai, Asst. Prof, DRMGRERI. The chief guest of the day Dr.Divager Balayogi, Certified International Trainer and Yoga Therapist, delivered an enriching and illuminating thoughts about mind and subconscious mind. The session was very interactive. He explained about yoga in detail and how to get rid of stress using yoga. He also taught three techniques namely Pranayama, self visualization technique and sectional breathing technique to improve individuals well being.



