

JSS Academy of Higher Education & Research, Mysuru

Department of Yoga

“Yoga Awareness Activity on Friday 28th February 2022 in observation of National Science Week”

The Department of Yoga, JSS Academy of Higher Education & Research had organized Yoga session on the occasion of “National Science Week” on Monday, 28th February 2022 at 9 AM to 2 PM at Government School Varna. The theme was “Science behind Yoga”.

The Yoga exhibition program conducted in various Schools and colleges in Mysuru District. 28th February 2022 at Government school Varna. School staff and students actively participated. More than 140 students in 4 batches participated for 45minutes each. The program scheduled “Science behind Yoga “Power point presentation” followed by Sun Salutations,Asanas,Pranayama and Meditation practise.



[The Yoga session was conducted by Mr.Subrahmanya Bhat, Assistant Professor and Students (Ms.Chandu Priya, Ms.Monisha & Mrs Noor Nazia.),Department of Yoga]

Importance of Asanas,Pranayama,Meditation & its effect on school children was addressed. This program was conducted to create awareness of Yoga and its Health benefits. For the benefit of all participants Loosening exercise, Breathing Exercise, different series of Asanas, Pranayama & Relaxation technique were also demonstrated and taught along with Surya namaskar and various asanas.



Acknowledgement:

We thank His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji for his blessings to conduct this Yoga Exhibition at Government School Varna. We heartly thank Pro-Chancellor, Vice-Chancellor, Registrar & Director (Academics), Deputy Director (Authorities), JSS AHER for encouraging and giving all kind support & cooperation to conduct this Yoga program.

Our Special thanks to Dr.Prashanth.S, Assistant Director (Academics) who played a major role in organizing this program. We thank him for his continuous support throughout the program.
