

Report on Yoga Awareness Programme

Yoga is an ancient art for building up healthy mind. The concept of yoga indicates the connection of human soul to supreme power. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. It enhances the self-realization or self-awareness. It unfolds mental and spiritual attributes. It enhances the will power. Not only the spiritual Experience is there but a lot of physical benefit a student can get from yoga. Nowadays stress is a great challenge before the students and yoga has a great role to reduce stress. Medical science always says that stress is the fundamental factor behind every disease. Stress plays a negative role in human body. Due to stress students could not perform in better way. So yoga helps in establishing a positive impact on students during education. Feeling the importance of yoga and its positive impact on students with the help of our yoga coaches

The Department of Physical Education, University of Mysore organized a yoga Awareness Programme of International yoga day on 13th April 2022. The camp inaugurated by the Honorable Vice chancellor Prof. G Hemanth Kumar and Finance officer Dr. Sangeeth Gajanna Bhat. University of Mysore. at the inauguration speech Dr. Sangeeth Gajanna Bhat spoke about the importance of yoga in education system

Dr. P Krishnaiah (Director)

