

## Report on yoga session Held on 31.08.2019

<b>Date of Event</b>	31.08.2019
<b>Name and Type of Event</b>	“Yoga Session for Students”: Physical Activity
<b>Conducted by</b>	Mr.RakeshSinha,Yoga Trainer.
<b>No. Of Participant</b>	60

The BBA department of Arka Jain University organised a Yoga session for the students. A professional level yoga trainer Mr.Rakesh Sinha was there to train the students during the two-hour yoga session. This was a great opportunity for the students to imbibe the value of discipline since yoga is a mental, physical and spiritual practice that needs to be carried every day. A total number of 60 students were present for this session. Different yoga postures like vrikshasana, uttaanasana, trikonaasna, Bhadranasna. Shashankaasana, Bhujangasana, PawanaMuktaasana, finally ended with ranayama and meditation. The event was led by Dr.Pompidas Sengupta. The event was coordinated by Mr.Abhishek Upadhyay, Mrs.Poonam Dabaria and Ms. Vishakha Joseph.

