

Report on Workshop of Yoga and Meditation

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for a working woman, Yoga is a great remedy to remove her tensions which definitely affects her health because she has to nurture the home, fulfill a demanding career, take care of the family, handle household work; she has to play multi roles with her skills. Yoga help working woman by giving her emotional strength so that she can easily manage all pressures and can give her best intellectual abilities.

In view of this, WDC of GRIET has conducted a one week workshop on Yoga and Meditation (12-9-2016 to 17-9-2016) for women faculty. The Yoga Guru Mr. Ramachandra Reddy and Trainer Mrs Jyothi have taken classes with high level of dedication. They have also explained remedies for personal health problems to the participants with lot of patience.

