

## Yoga Program - Faculty development Program- Yoga and Meditation

### Title: Faculty development Program- Yoga and Meditation

Date: 27<sup>th</sup> November 2021

Resource Person: **Dr. B R Venkatesh, Prof. Diwakar**

27-11-2021	Meditation Center Dayananda Sagar University
	Yoga is an effective way to maximize the joy of living in a fit and healthy body. Regular practice of yoga can give more flexibility, more stability and give your body good balance and strength.
	Stress Relief, simple yoga asanas, multi-dimensional training and toning to the body.

#### A Valuable tool for Self Management - Inner Connect”

##### Topics Covered:

Stress Relief, simple yoga asanas, multi-dimensional training and toning to the body.

##### Summary:

Yoga offers physical and mental health benefits for people of all ages. And, if you’re going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

**Organized by:** Yoga and meditation center Dayananda Sagar college of Arts, Science and Commerce

**Venue:** Yoga and Meditation center

**Faculties Attended:** 40

**Students Attended:** 0

**Photos:**









