

Ethi- Shakthi - Holistic Wellbeing Students League Programme Report

Project 3: “*Yogamana vazhvuku yoga*”



Holistic Wellbeing Students League of Eth-Shakthi conducted a programme on “*Yogamana vazhvuku yoga*” for the supporting staff and students in the Library conference hall on 9th October, 2018 from 11.30 am to 1.30 pm. Thiru. Santhanam, Founder and Trainer, Quest mind yoga demonstrated yoga like Pranayama and mudras. Around 180 participants consisting of COE office staffs, Aided, Self supporting and trust administrative staffs, Lab assistants, Class IV workers and students from various departments actively participated and did various mudras along with the trainer. He gave various remedies for better health care with yoga, mudras and food in a cheerful and friendly way by quoting examples.