

## Ethi- Shakthi - Holistic Wellbeing Students League programme

### Report

#### Project 2: “Yoga Mudras for Health”



Holistic Wellbeing Students League of Ethishakthi conducted a programme on “Yoga Mudras for Health” for the teaching faculty in the Mini auditorium on 28<sup>th</sup> August, 2018 from 12 noon to 2pm. Thiru . Santhanam, Founder and Trainer, Quest mind yoga demonstrated various mudras like panjabuda mudra, linga mudra, prana mudra, sangu mudra etc. Around 40 faculties from various departments actively participated and did various mudras along with the trainer. He gave various remedies for better health care with exercise, mudras and food in a cheerful and friendly way by quoting examples.