



## **SYMBIOSIS LAW SCHOOL, NAGPUR**

Constituent of Symbiosis International (DEEMED UNIVERSITY)

Established under Section 3 of the UGC Act 1956

Re-accredited by NAAC with "A" Grade (3.58/4) – Awarded Category – I by UGC

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### **PARTICIPATION IN YOGA FOR MIND, BODY & SOUL SEMINAR**

**AUGUST 28<sup>TH</sup> ,2019**

On 28<sup>th</sup> August 2019, Saturday a Seminar on Yoga for Mind, Body and Soul was organized at SSPAD, Nagpur with great zeal and energy. Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Almost 40 participants took part in that event including **Prof. Ar. P. S. Sindhu, Director, SSPAD** with students, faculty, officers, staff also participated in the event. Participants of all age groups participated in the event with great enthusiasm. Two yoga (2) teachers accompanied by few trained volunteers were there to conduct the yoga practice.

All the participants, Volunteers and Yoga teachers assembled in the earmarked area at Seminar Hall, SSPAD, Nagpur itself so as to ensure that the practice session is conducted in the most conducive manner for the all the participants. This session was followed by Power of Thoughts, Positive Thinking & Creative Visualization by Dr. Sarah Chinthamwala at sharp 09:30am.

Dr. Chinthamwala's session was followed by a special lecture on Yoga for Mind, Body & Soul by Chief Guest and Speaker Prof. Christopher Key Chappel, Director, Master of Arts in Yoga Studies Loyola Marymount University, USA. A Mantra and Meditation session by Dr. Manju Jain followed that everybody spellbound.

The Yoga session started exactly at 7 am with Prayer, and systematic practice of different 'ASANAS' of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions of Yoga teacher and supervision of trained Volunteers. During the course of "Yogabhyas", the Yoga teacher also narrated the usefulness of different "Asanas" as a precautionary measure, in curing many Diseases and the usefulness of Yoga in the overall wellbeing of a human being.

