



SYMBIOSIS LAW SCHOOL, NAGPUR

Constituent of Symbiosis International (DEEMED UNIVERSITY)

Established under Section 3 of the UGC Act 1956

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Yoga for Mind, Body & Soul on 28th August 2019

On 28th August 2019, Saturday a Seminar on Yoga for Mind, Body and Soul was organized at Symbiosis Institution, 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. Good number of participants took part in the event including **Prof. Ar. P. S. Sindhu, Director, SSPAD** with students, faculty, officers, staff also participated in the event. The students of Symbiosis Law School Nagpur also participated in this yoga 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.Chinthmawala'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.



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Director
Symbiosis Law School,
Nagpur