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Report of Yoga Workshop – “Yoga for Health”

Lifestyle Modification, Dept of Physiology organized 7 days workshop on Yoga “Yoga for Health” from 13th June 2025 to 19th June 2025, as a part of celebration of International Yoga Day.

Workshop was conducted in 2 batches at Harmony Hall. Total 156 participants registered for the workshop by Google form. Participants were divided in 2 batches. First batch started from 11 to 11.45am, and timing for the second batch was from 12 to 12.45 pm.

Workshop was conducted by Mrs Mrunalini Ghatol, Yoga Instructor of Lifestyle Modification Centre. Following set of yoga activities were taken:

- Stretching Activity – 10 min
- Yogasana – Tadasana, Vrukshasana, Patangasana, Vakrasana, Paschimottanasa – 20 min
- Pranayama – Kapal-bhati, Bhramari, Anulom-wilom, Left nostril breathing – 10 min
- Yognidra & meditation on alternate day – 5 min





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