

## St. Aloysius' College (Autonomous) Jabalpur NCC WING Yoga Day

The practice of Yoga is something that has the power to heal your entire body! It's the best medicine that any doctor can ever give you and that for any kind of disease that you are suffering from. Yoga day is celebrated every year on 21st of June.

To celebrate this occasion St. Aloysius College (Autonomous) Jabalpur NCC and NSS wings organized YOGA session on 21<sup>st</sup> June 2018 under guidance of Dr. Capt. Sonal Rai ANO practiced cadets and also explains the myriad benefits of YOGA.

Our college NCC wings 65 cadets were performed different forms (asana) of yoga like

Tadasana, Uttanasana, Trikonasana, Hastapadasana, Vajrasana, Sukhasana, Shashankasan, Nourkasana, Padmasana, Ardha Chakrasana with some pranayama Bhastika, Bhramari and Anulom Vilome Pranayam followed by meditation.

