

# DEV SAMAJ COLLEGE OF EDUCATION

Sector-36B, Chandigarh



*Is offering*



*A VALUE ADDED COURSE*

*ON*

## **YOGA & MEDITATION**



*Commencing from: 21<sup>st</sup> May 2017 to 15<sup>th</sup> June*

**PATRON**

Dr. (Mrs.) Agnese Dhillon  
Principal  
Dev Samaj College of Education,  
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**Facilitator**

Dr. Neeru Malik, Assistant Professor  
Dr. Puneet Kooner, Assistant Professor  
Dr. Harpreet Kaur, Assistant Professor

## **COURSE LEARNING OUTCOMES**

- To increase flexibility.
- To Improve mental Health.
- Yoga helps with stress relief.
- Yoga helps reduce anxiety.

## **COURSE CONTENT**

Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

- Siddhasana
- Padmasana
- Vajrasana
- Sukhasana
- Swastikasana