



DEV SAMAJ COLLEGE OF EDUCATION, SEC-36 B, CHANDIGARH

Sector-36B, Chandigarh

is offering

A Value Added Course on

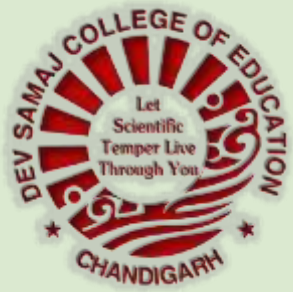
YOGA AND MEDITATION

21st May 2016 to 10th June 2016
Duration : 1 hour 30 minutes



Dr. (Mrs.) Agnese Dhillon
Chief Patron

Course Co-ordinator : Dr. Neeru Malik
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.

Different Asanas

- Siddhasana
- Padmasana
- Vajrasana
- Sukhasana
- Swastikasana

