

Yoga and Health Workshop

The Umanand Prasad School of Medicine and Health Sciences organized and hosted a Yoga and Health Workshop for all staff and students at the Saweni Campus on July 27, 2018.

Ms. Sangeeta Kumar and Ms. Riddhi Damodar spearheaded the Yoga session for all the attendees.

Speaking at the official ceremony, Marketing and Public Relations Officer, Ms. Shirley Prasad highlighted that Yoga is something that could be practiced at home and it was particularly good for the body as it engaged the mind, soul and body.

The coordinator of the workshop Dr. Abhijit Gogoi mentioned that doing Yoga not only exercised the body, it allowed a person to relax and helped in mental and spiritual positivity.

The fun filled session concluded with questions and answer session. The University is currently looking at the possibility to hold Yoga sessions on a fortnightly basis for interested staff and students.