



Department of SOMS

Presidency University, Bengaluru
Itgalpur, Rajanakunte, Yelahanka, Bengaluru – 560064

Event No:	1	Date:	01/03/23
Event Category:	Stress Management	Event Type:	Workshop
Mode of Event & Venue:	Offline, Near Canopy Area.	No. of Participant(s):	9
Event Organizer:	School of Media Studies		
Event Convenors	Dr. Neha Saroj, Assistant Professor, SOMS Sarath Pradeep, Assistant Professor, SOMS		

Event Title:	Yoga: The way of life - Workshop on Stress Management and Good Health
Resource Persons:	Mr. CHANDRA SHEKHAR, Certified Yoga Trainer.
Event Objective:	This Yoga workshop emphasized on stress management, good health and more on stabilizing concentration. The workshop covered various physical and mental elements like flexibility and concentration that helps the students to enhance their skills. Students were given a proper warm up, followed by a clapping session of 60 seconds before performing yoga. Various yogic exercises and asanas were taught by the instructor to the students including Surya namaskar, Warrior asana and padmasana.

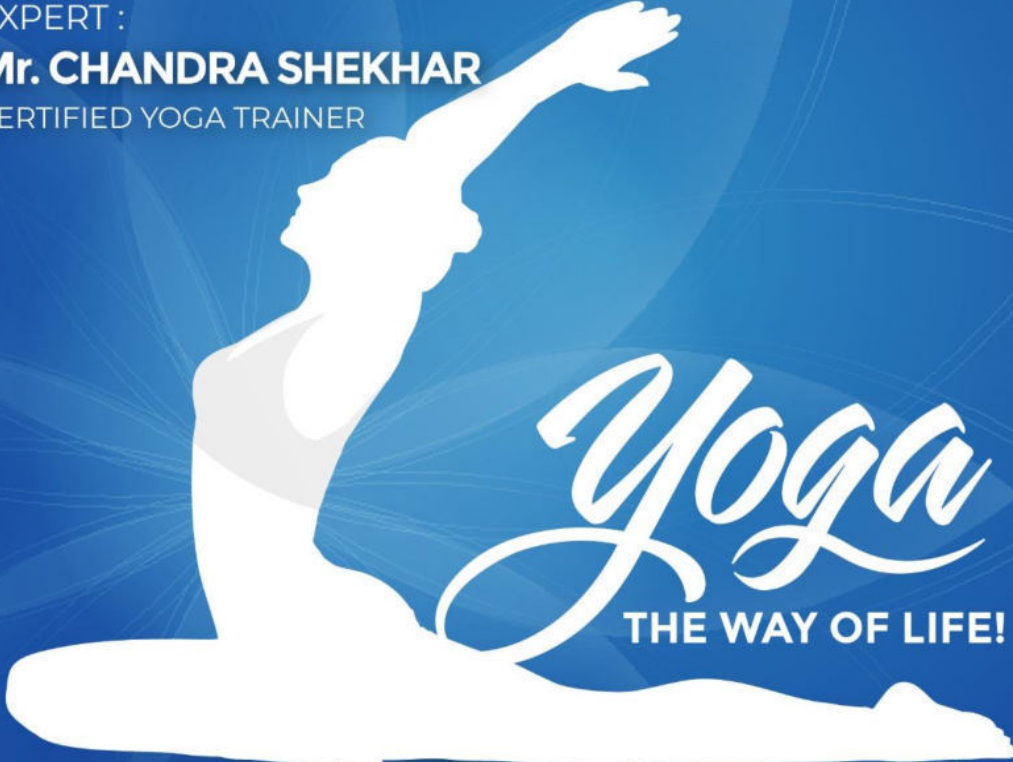

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Department of SOMS

Presidency University, Bengaluru
Heaven, Belenakunte, Yelachenki, Bengaluru - 560064

Events in progress



 **PRESIDENCY UNIVERSITY**
SCHOOL OF MEDIA STUDIES
PRESENTS WORKSHOP ON
STRESS MANAGEMENT & GOOD HEALTH
EXPERT :
Mr. CHANDRA SHEKHAR
CERTIFIED YOGA TRAINER



Yoga
THE WAY OF LIFE!

01 MARCH
WEDNESDAY
02:30 P.M

VENUE: NEAR AUDITORIUM/DSA LAWN, PRESIDENCY UNIVERSITY CAMPUS
Please be in comfortable dress and bring your yoga mat, water bottle.
FOR DETAILS, CALL : 8054306129 & 8943295474


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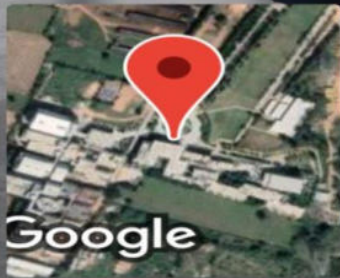
Presidency University, Bengaluru


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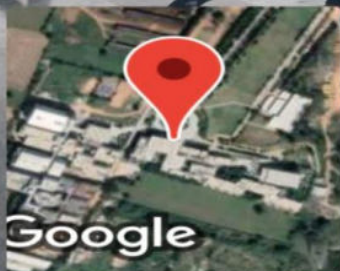
 **GPS Map Camera**

Dibbur, Karnataka, India
75, near PRESIDENCY UNIVERSITY, Dibbur,
Karnataka 560089, India
Lat 13.169018°
Long 77.534895°
01/03/23 03:14 PM GMT +05:30



 **GPS Map Camera**

Dibbur, Karnataka, India
75, near PRESIDENCY UNIVERSITY, Dibbur,
Karnataka 560089, India
Lat 13.168931°
Long 77.534928°
01/03/23 03:10 PM GMT +05:30





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Bengaluru, Bengaluru, Bengaluru, Bengaluru - 560064

Attendance of participants

1-Mar-23
Attendance for 1 March, 2023

S.No.	ID NO	STUDENT NAME	Dept.	Sign
1	20221BAJ002	RB. SATHVIKA		[Signature]
2	20221BAJ002	ADITI DUBOY		[Signature]
3	20221BAJ003	SIMRAN NIMZARETH		[Signature]
4	20221BAJ009	ABHITH KUNDURATTIL		[Signature]
5	20221BAJ003	SHWETA KUMARI		[Signature]
6	20221BAJ003	Preeti M		[Signature]
7	20221BAJ003	Ankita Chauhan		[Signature]
8	20221BAJ002	MONIKA M S		[Signature]
9	20221BAJ005	VISHAL G		[Signature]
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