

## **YOGA DAY CELEBRATED AT SHAIKH GROUP OF INSTITUTIONS**



Shaikh Group of Institutions observed International Yoga Day on June 21<sup>st</sup> 2018 at Shaikh Campus, Nehru Nagar, Belgavi. Shri Muralidhar Prabhu, Yoga Guru and Ms. Navya Prabhu graced the occasion. The other dignitaries present during the event were Er. Abu Shaikh, Chairman, Shaikh group of Institutions, Dr. M.J. Attar, Chief Coordinator, Shaikh Group of Institutions. The event was witnessed by all the Faculty, Staff and students of Shaikh Group of Institutions.

Shri Muralidhar Prabhu discussed and demonstrated some way and dimensions of different types of pranayama. He reckoned many benefits of early rising and practicing yoga. He pointed out the contribution of yoga in maintaining fitness and good health and how it helps students to memorize something and understand a concept and its context. He further emphasized the need of practicing yoga and adopting a natural lifestyle which is essential to get rid of increasing obesity and other diseases among the students.

Shri Muralidhar Prabhu and Ms. Navya Prabhu demonstrated various asanas like suryanamaskar, Tadasana, Vriksasa, Ardha Chakrasana, Padmasana etc. Yoga Day was celebrated with great zeal and enthusiasm. A special assembly was organized to commemorate the occasion.