



Yoga enthusiasts take part in yoga session on the shores of NITK beach in Surathkal.

Yoga session held on shores of NITK beach

MANGALUUR, DHNS: The Yoga Club of NITK-Surathkal organised 'Coastal Calming' a yoga session at NITK beach on Sunday.

NITK Director (additional charge) Prof Prasad Krishna presided over the session. More than 200 participants, including the staff and students of NITK, participated in the yoga session.

Venilla Manikandan, a Hatha Yoga Trainer, pursuing MTech at Civil Engineering department, NITK was the instructor for the session.

Prof Prasad Krishna, a yoga instructor himself, addressed the gathering and emphasized the importance of yoga practice. In addition, he complimented the Prime Minister Narendra Modi for his contribution to yoga's worldwide popularity.

Krishna said, "Yoga is an

excellent way for students to improve their physical and mental well being. Not only does it help to reduce stress and anxiety, but it also increases flexibility, strength, and balance. Practicing yoga can also help an individual to become more mindful and focused, allowing him/her to better manage the time and energy."

The beauty of yoga is that, it is suitable for all age groups. By following the eight-fold path: Yama (ethical standards), Niyama (self-discipline and spiritual observances), Asana (postures), Pranayama (breath control), Pratyahara (sense withdrawal), Dhara-na (concentration), Dhyana (meditation) and Samadhi (enlightenment) one can cultivate a greater sense of self-awareness, inner peace, and spiritual connection.