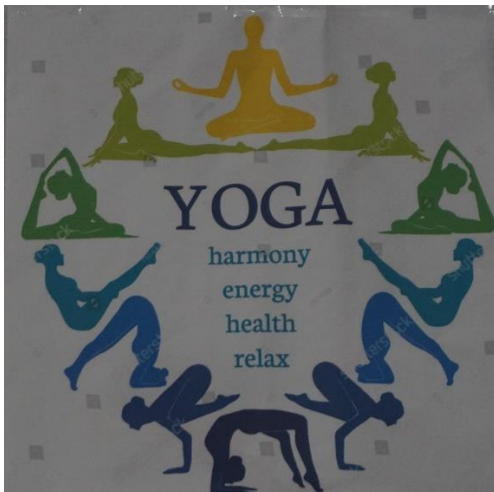


## Yoga Studio



Sphoorthy Engineering College has Yoga Studio in the college. The Yoga studio was started for both students and staff with a lot of purposes and ambitions to induce and sustain the importance of maintaining good health, both physically and mentally.

Yoga shall help the students to understand life and peaceful living. From educating students on the spiritual dimension and how it affects our lives, to teaching through yoga methods of warding off unnecessary stress and improving concentration this studio would be of real help.



Regular Training and practice sessions are conducted to learn and sustain the nuances of yoga. This facility is owned and managed by the College Fitness club, the conduct and coordinates numerous programs every year.

Maharishi Patanjali is the 'father of Yoga' who compiled 195 Yoga Sutras that became the foundation of Yoga philosophy. The commentary on these sutras is called Bhashya. The core essence of Patanjali is the eightfold path of Yoga (Ashtanga Yoga) that focuses upon healthy living through Yoga.



A demonstration on Suryanamaskar and many more asanas that help to tone their body and keep them healthy were explained. Sun Salutation is considered a complete body workout.

Modern science has helped us in improving our standards of living, but it is only Yoga and Meditation that has given us a holistic approach to help overcome pain in life and gain lasting happiness

