

1.2.6

Here is attached the feedback of one of the faculties, that shows that how the faculty members themselves practiced and got benefitted through the practice of Yoga.

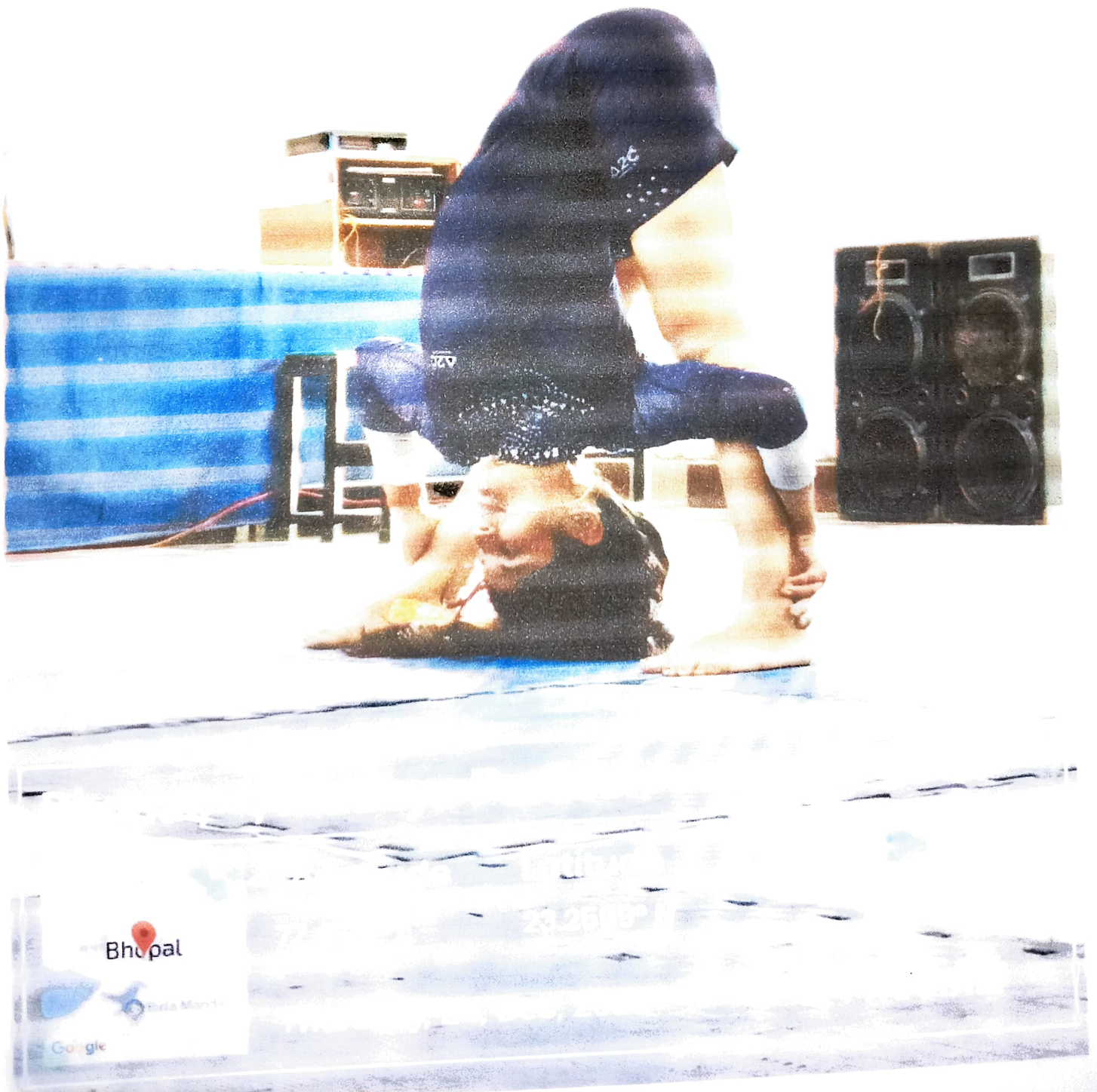
Faculty Feedback

Before getting into Yoga practices, I had lived a very unsystematic life. I did not follow a particular daily schedule. Getting up late, sleeping late in the night and an irregularity was there in sleeping pattern. I also had a habit of taking too much tea throughout the day. Due to all these irregularities, I suffered with body stiffness, lack of energy, lack of mental focus and many. But after getting into a regular yoga practice, I started feeling changes in the problems that I was suffering with. For practicing Yoga, I had to get up early in the morning. And because I had to get up early in the morning, I started sleeping early in the night. I could manage to follow a particular and disciplined lifestyle. Started feeling fresh throughout the day. Energy level and mental focus increased. I also got into advanced practiced of Yoga and also won prizes at National and International level.

Dr. Aarti Pal,
Assistant Professor,
Deptt. Of Yoga Science

1.2.6

Faculty of Yoga Department performing 'Marudasan' an advanced twisting posture.



1.2.6

Faculty of Yoga Department performing 'Utthita Padahastasan' an advanced forward bend floor posture.

SA
INDIA

TO NEHEGPUR, IC

3rd SENIOR
INTERNATIONAL YOGASANA SPORTS CHAMPIONSHIP

19th to 21st March, 2023
Venue: **Mount Carmel School**
Ward No. 79, Digari Kalan, Jodhpur (Raj.)

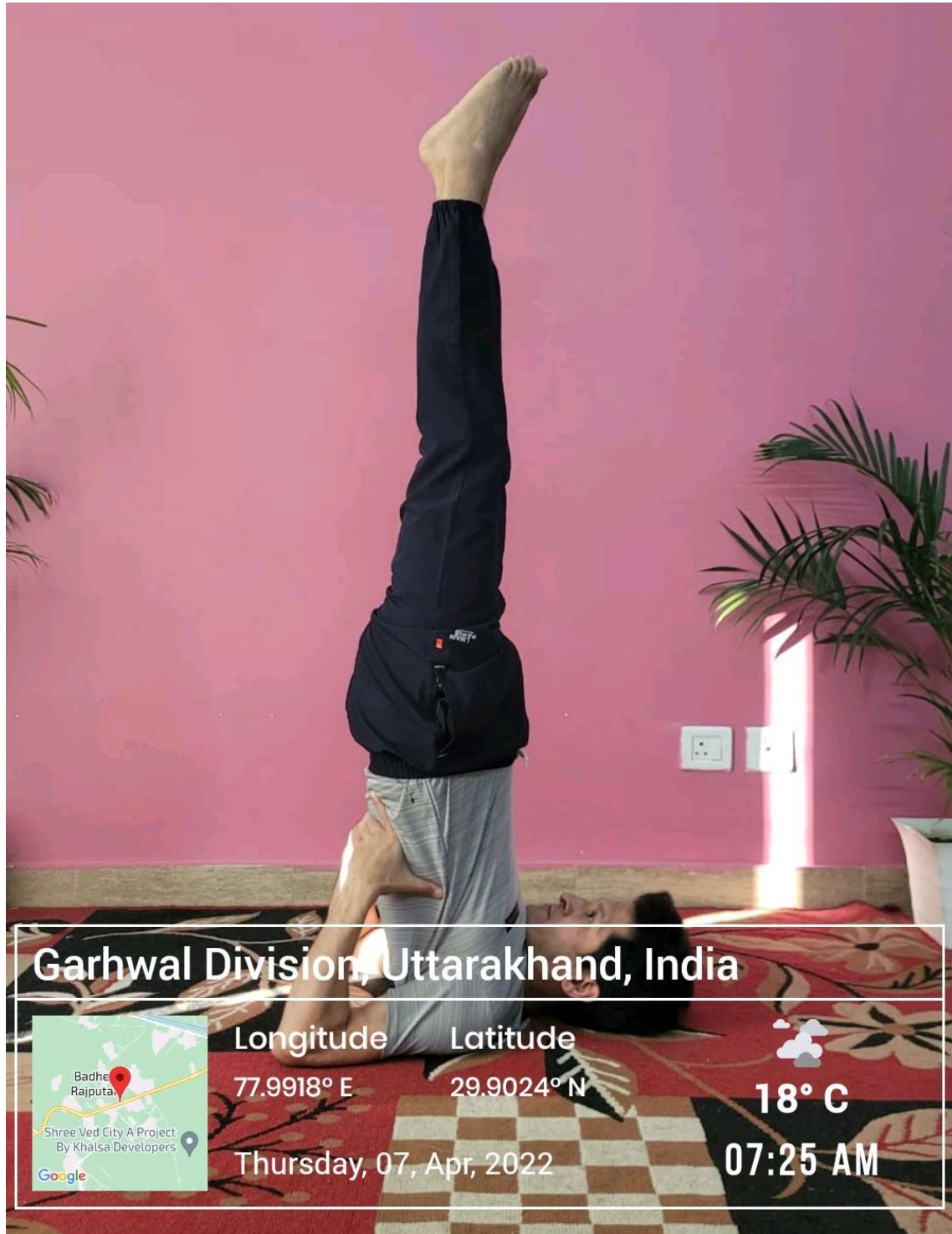
Digari Kalan, Jodhpur, Rajasthan

11:38 AM

1.2.6 Transformation within faculty member



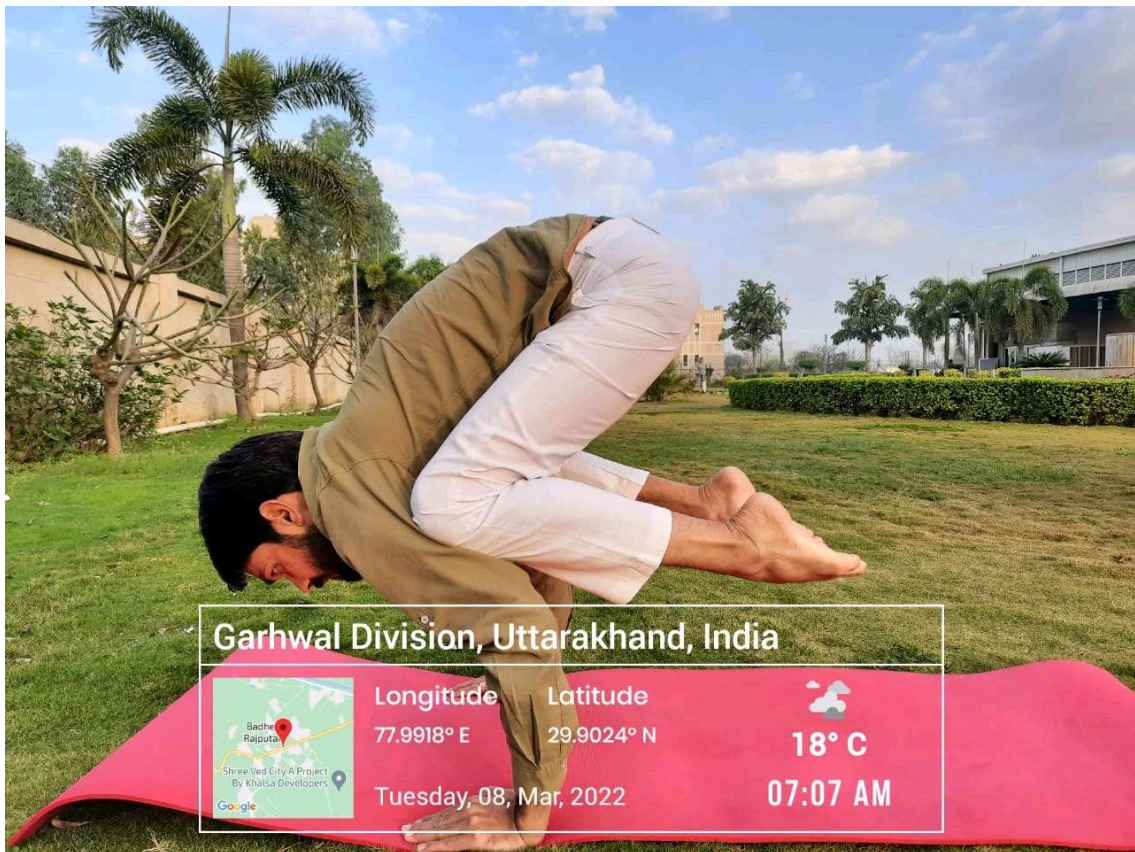
Pro-Vice Chancellor of the University performing 'Meditation'



Faculty of Yoga Department performing 'Sarvangasana' in his yoga practice



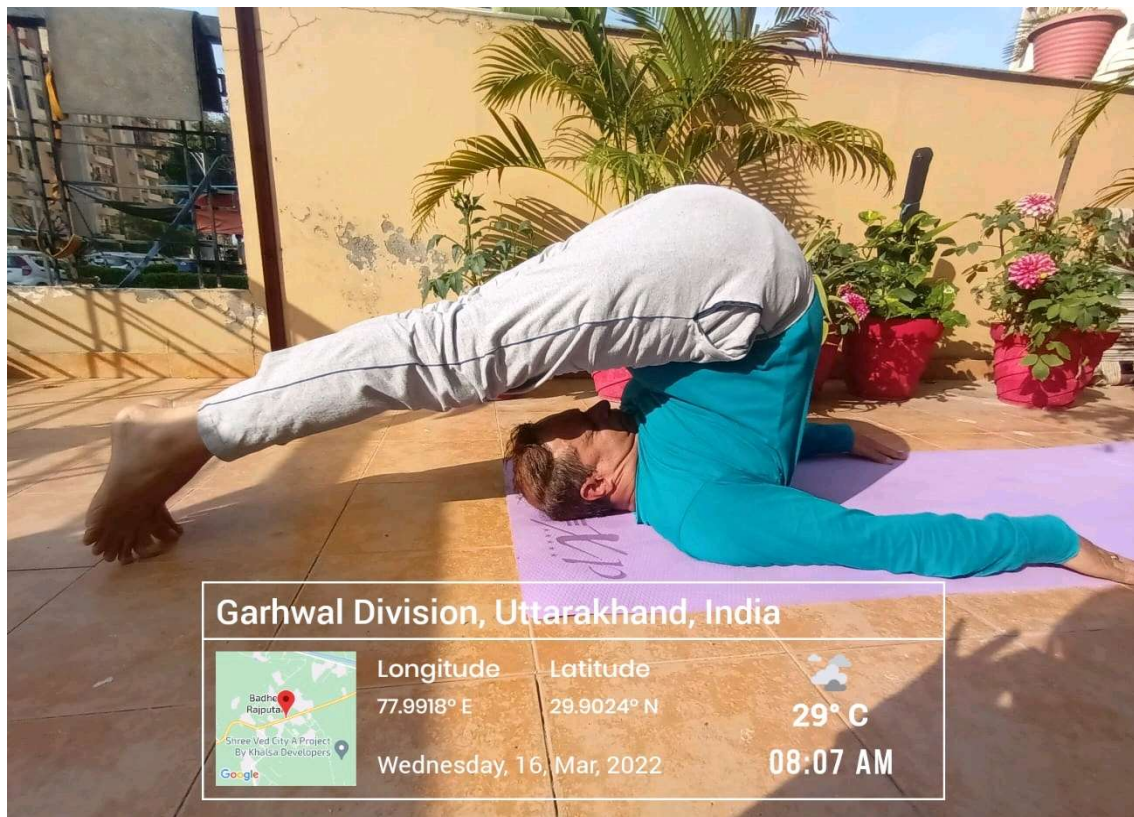
Faculty of the Yoga department performing 'mayurasana'



Faculty of Yoga department performing 'Bakasana' a hand balancing posture



Faculties of Yoga dept. performing Yajnya and Vaidik practices at department



Faculty of science department performing Halasana, a forward bending posture



Faculty of Naturopathy dept. performing “Vakrasana” – a twisting posture



Faculties of yoga department performing 'Bhramari Pranayama'