

NITK students, faculty attend Coastal Calming yoga session

The Hindu Bureau
MANGALURU

Over 200 students and staff from National Institute of Technology-Karnataka participated in 'Coastal Calming', a yoga session on Sunday at NITK

Beach in Surathkal near here.

Organised by the Yoga Club of NITK, the morning event moderated by M.Tech student Venilla Manikandan, a hata yoga expert, was attended among others by Director

Prasad Krishna. A yoga instructor himself, Prof. Krishna said yoga was an excellent mechanism for students to improve physical and mental well-being by reducing stress and anxiety and by increasing flexibility, strength and

balance. Through Ashtanga Yoga, Yama, Niyama, Asana, Pranayama, Pratyachara, Dhaarana, Dhyaana and Samaadhi, one could achieve greater self-awareness, inner peace and spiritual connection, he said.