



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2020-21/01

Date:-16th June, 2020

CIRCULAR

The college will be celebrating 6th International Yoga Day on 21st June,2020. An online Yoga session will be conducted at 7.30 am by Ms. Ekta Jadhav, Director of physical Education. All are requested to attend the same.

Ms.Ekta Jadhav
Director of Physical Education



Dr. Gulshan H. Gidwani
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
6th International Yoga Day, 21st June 2020
Department of Physical Education & Sports


The 6th International Yoga Day was celebrated by St. Mira's College for Girl's virtually due to the Covid- 19 padanmic situation. To create awareness among the students and staff, the department of Physical Education and Sports had organised an online Practical Webinar on Yoga in two different sessions. 160 students and staff members actively participated in the live practical webinar. This year the theme of the Yoga Day was " Yoga at home, Yoga with Family". As we know Yoga is very important and useful activity in this pandemic situation, it boost immune system and keeps us healthy.

It was conducted by director of Physical Education, Mrs. Ekta Jadhav. The chief guest was our senior most Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur. The program was started with a brief introduction of Yoga and their important in life which was given by Mrs. Suvarna Deolankar. Followed by practical session which includes prayer, different Yoga posture such as SukshmaVyayama, Tadasana, Vrukshasana, padahastasana, ArdhaChakrasana, Trikonasana, bhadrasana, ArdhaUshtrasana, Vajrasana, bhujangasana, Pawanmuktasana, setubandhasana etc. ended with Kapalbhathi, AnulomViloma, Bhramari Pranayam and Dhyana. The protocol as given by AYUSH Government of India was strictly adhere to.


Ekta Jadhav

Director of Physical Education




Dr. G.H. Gidwani

Principal
Principal
St. Mira's College for Girls

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An Autonomus (Affiliated to Savitribai Phule Pune University)

Department of Physical Education

Webinar-International Yoga Day- (Practical session of Yoga)

Resource Person- Ms. Ekta Jadhav

Date-21-06-2020

Attendance Sheet

Total Number of Participants- 168

Sr. No	Name	Email	Date	Start time	End time	Duration
1	AkshadaTupe	tupeakshada34@gmail.com	6/21/2020	9:59 AM	11:04 AM	65 mins
2	1404.Divya Bose	1404.divyabose@gmail.com	6/21/2020	11:49 AM	12:23 PM	34 mins
3	kshetripayal	kshetripayal@gmail.com	6/21/2020	12:00 PM	12:08 PM	8 mins
4	Chetna Bhadane	cybhadane123@gmail.com	6/21/2020	11:06 AM	12:23 PM	77 mins
5	NishtaChulani	nishtachulani015@gmail.com	6/21/2020	11:34 AM	12:23 PM	49 mins
6	shrikalapalugulla	shrikalapalugulla@gmail.com	6/21/2020	10:10 AM	11:13 AM	64 mins
7	Deepanjali	deepamazumder@gmail.com	6/21/2020	10:03 AM	11:11 AM	68 mins
8	1429 SanikaBhere	sanikabhere688@gmail.com	6/21/2020	11:21 AM	11:28 AM	7 mins
9	Manjitakulkarni	kulkarnimanj2016@gmail.com	6/21/2020	9:55 AM	11:11 AM	77 mins
10	hanagandineha	hanagandineha05@gmail.com	6/21/2020	9:53 AM	11:11 AM	79 mins
11	anupama.a.jadhav	anupama.a.jadhav@gmail.com	6/21/2020	10:08 AM	11:09 AM	61 mins
12	snehachavan12	sc810391@gmail.com	6/21/2020	11:14 AM	11:15 AM	2 mins
13	Shweta Gawade	shwetagawade428@gmail.com	6/21/2020	12:01 PM	12:24 PM	24 mins
14	nandininair239	nandininair239@gmail.com	6/21/2020	11:24 AM	12:22 PM	59 mins
15	Akshita Kumari	akshitakumari21@gmail.com	6/21/2020	11:48 AM	11:49 AM	2 mins
16	kunwaralkasingh58	kunwaralkasingh58@gmail.com	6/21/2020	10:31 AM	10:49 AM	19 mins
17	rutujanaikare12	rutujanaikare12@gmail.com	6/21/2020	10:29 AM	10:30 AM	2 mins
18	Muskan shaikh	ms5299140@gmail.com	6/21/2020	9:54 AM	10:11 AM	18 mins
19	GouriAshtekar	gouri.vilas.ashtekar@gmail.com	6/21/2020	9:55 AM	9:59 AM	4 mins
20	Karishma Jindal	72.karishmajindal@gmail.com	6/21/2020	11:31 AM	12:04 PM	33 mins
21	Shreshta Shetty	1415.shreshtashetty@gmail.com	6/21/2020	11:07 AM	11:18 AM	11 mins
22	Nikita Singh	supernikita0109@gmail.com	6/21/2020	9:58 AM	11:07 AM	69 mins
23	Prachi More	11939.moreprachi@gmail.com	6/21/2020	10:01 AM	11:04 AM	64 mins
24	komalkale	im.komalkale@gmail.com	6/21/2020	9:57 AM	11:11 AM	75 mins
25	samrita	samritaguha1799@gmail.com	6/21/2020	10:47 AM	11:52 AM	65 mins
26	vandanajain	vandanakjain5436@gmail.com	6/21/2020	11:56 AM	12:24 PM	28 mins
27	vaishalibondla2001	vaishalibondla2001@gmail.com	6/21/2020	9:52 AM	11:08 AM	76 mins
28	Akshata Ambre	ambreakshata7@gmail.com	6/21/2020	11:58 AM	12:12 PM	14 mins
29	gauribhosale72	gauribhosale72@gmail.com	6/21/2020	9:52 AM	11:10 AM	79 mins
30	Esmath	esmathdekhkhanpur@gmail.com	6/21/2020	9:54 AM	11:12 AM	79 mins
31	Anushka kumari	thsaritakumari@gmail.com	6/21/2020	10:37 AM	10:42 AM	6 mins
32	Shubhangi Mahajan	Shubhangi.mahajan@gmail.com	6/21/2020	10:06 AM	11:07 AM	62 mins
33	Nawalerutika	nawalerutika@gmail.com	6/21/2020	9:54 AM	11:07 AM	73 mins
34	Suvarnadeolankar	suvarnadeolankar@gmail.com	6/21/2020	10:36 AM	11:07 AM	31 mins
35	Prajakta sapkal	www.suresh.aza@gmail.com	6/21/2020	12:01 PM	12:23 PM	22 mins
36	Alka Kalthapure	alka.kalthapure@stmirascollegepune.edu.in	6/21/2020	10:23 AM	11:28 AM	5 mins
37	Ginny Jain	ginny.jain.92@gmail.com	6/21/2020	11:43 AM	11:52 AM	9 mins
38	Deepali Gupta	as.deeps19@gmail.com	6/21/2020	10:00 AM	11:09 AM	69 mins
39	Vaishnavi Ingale	vaishnaviingale@gmail.com	6/21/2020	11:12 AM	12:23 PM	71 mins
40	GouriAshtekar	gouri.vilas.ashtekar@gmail.com	6/21/2020	9:59 AM	11:11 AM	73 mins
41	Madhura Mishra	madhuramishra02@gmail.com	6/21/2020	9:52 AM	11:11 AM	80 mins
42	Anju Jangid	anujungid1576@gmail.com	6/21/2020	10:11 AM	11:16 AM	65 mins
43	saikachare0402	saikachare0402@gmail.com	6/21/2020	9:53 AM	11:12 AM	80 mins
44	Shrutikalole	loleharishrutikalole@gmail.com	6/21/2020	11:47 AM	11:53 AM	7 mins
45	5031 Sonali Gurav	sonaligurav1000@gmail.com	6/21/2020	11:50 AM	12:23 PM	33 mins

Ekta Jadhav
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Director of Physical Education
 Director of Physical Education



G.H. Jadhav
Principal

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46	5039 neha kale	nehakale28112003@gmail.com	6/21/2020	11:03 AM	11:04 AM	2 mins
47	Dr. Sandhya Pandit	sandhyapandit@gmail.com	6/21/2020	10:00 AM	11:07 AM	68 mins
48	Prajaktachikate	prajaktachikate7@gmail.com	6/21/2020	9:59 AM	11:10 AM	72 mins
49	Elizabeth Kanade	reach.lizzy@gmail.com	6/21/2020	9:52 AM	11:00 AM	69 mins
50	Kiran Choudhary	5094.anjali@gmail.com	6/21/2020	10:04 AM	11:07 AM	63 mins
51	Deepsikha	deepsikhajain123@gmail.com	6/21/2020	10:01 AM	10:51 AM	50 mins
52	Gauri Kute	1434.gauri@gmail.com	6/21/2020	11:07 AM	12:19 PM	73 mins
53	1421.Afreen Shaikh	1421.afreen@gmail.com	6/21/2020	11:15 AM	12:19 PM	64 mins
54	Rohan Deolankar	rohandeolankar@gmail.com	6/21/2020	11:10 AM	12:24 PM	75 mins
55	Tanushree Banerjee	nbn1345@gmail.com	6/21/2020	12:13 PM	12:23 PM	10 mins
56	Khadija	joharkhadija@yahoo.com	6/21/2020	9:57 AM	11:08 AM	71 mins
57	durgasingh2110.ds	durgasingh2110.ds@gmail.com	6/21/2020	9:45 AM	10:46 AM	61 mins
58	Ekta Jadhav	ekta.jadhav@gmail.com	6/21/2020	9:52 AM	11:07 AM	76 mins
59	Abhradita Nahvi	abhradita@gmail.com	6/21/2020	10:06 AM	10:25 AM	19 mins
60	Siphashaikh	siphashaikh@gmail.com	6/21/2020	10:04 AM	11:13 AM	69 mins
61	akankshatope01	akankshatope01@gmail.com	6/21/2020	9:54 AM	10:31 AM	38 mins
62	1413SaniyaShaikh	1413.saniya@gmail.com	6/21/2020	12:00 PM	12:23 PM	23 mins
63	1463 - Aditi Gupta	1463.aditi@gmail.com	6/21/2020	11:08 AM	12:23 PM	75 mins
64	Poonamshrivasku	Poonamshrivasku@gmail.com	6/21/2020	9:52 AM	11:08 AM	76 mins
65	Swati Pulate	swati.pulate@gmail.com	6/21/2020	10:15 AM	10:32 AM	17 mins
66	Khushi Parmar	kp9240198@gmail.com	6/21/2020	11:46 AM	11:51 AM	5 mins
67	Ummesalma	ummessalmabarod@gmail.com	6/21/2020	9:53 AM	10:32 AM	40 mins
68	Rifhat Mulla	12.rifhat@gmail.com	6/21/2020	11:13 AM	12:14 PM	61 mins
69	pallaviudasi	pallaviudasi29@gmail.com	6/21/2020	9:54 AM	11:12 AM	78 mins
70	Anitha Menon	anith@stmiracollegepune.edu.in	6/21/2020	10:05 AM	11:08 AM	64 mins
71	yadavkajal9075	yadavkajal9075@gmail.com	6/21/2020	9:55 AM	11:09 AM	75 mins
72	Vaishnavi Darekar	darekarvaishnavi@gmail.com	6/21/2020	10:16 AM	10:37 AM	21 mins
73	Vitthaljadhav	vitthaljadhav835@gmail.com	6/21/2020	10:38 AM	11:12 AM	35 mins
74	mahekdodeja03	mahekdodeja03@gmail.com	6/21/2020	11:44 AM	12:24 PM	40 mins
75	Harshada	kandharshada@gmail.com	6/21/2020	9:55 AM	10:16 AM	21 mins
76	Mokshada	mokshadabhandare@gmail.com	6/21/2020	11:42 AM	12:01 PM	20 mins
77	Kshetripayal	kshetripayal@gmail.com	6/21/2020	11:36 AM	11:46 AM	10 mins
78	Karishma Jindal	72.karishmajindal@gmail.com	6/21/2020	10:29 AM	11:30 AM	62 mins
79	Gkkamo	gkkamo@gmail.com	6/21/2020	11:27 AM	12:24 PM	58 mins
80	PrarthanaSarode	1511.prarthana@gmail.com	6/21/2020	11:08 AM	12:23 PM	75 mins
81	Rohan Deolankar	rohandeolankar@gmail.com	6/21/2020	9:54 AM	11:07 AM	74 mins
82	Swati Pulate	swati.pulate@gmail.com	6/21/2020	10:55 AM	11:11 AM	16 mins
83	mahekbhat05	mahekbhat05@gmail.com	6/21/2020	12:10 PM	12:12 PM	2 mins
84	Deepa K	deep@stmiracollegepune.edu.in	6/21/2020	9:56 AM	11:10 AM	74 mins
85	moonsamiksha23	moonsamiksha23@gmail.com	6/21/2020	9:59 AM	11:12 AM	73 mins
86	Vidhya Navale	vidhyaaksh2631@gmail.com	6/21/2020	9:59 AM	10:19 AM	20 mins
87	suryawanshiprachi	suryawanshiprachi@gmail.com	6/21/2020	10:11 AM	11:15 AM	65 mins
88	Veena Kenchi	veenahkenchi@gmail.com	6/21/2020	10:05 AM	11:10 AM	66 mins
89	Disha Chavan	dishachavan02712@gmail.com	6/21/2020	11:49 AM	12:25 PM	36 mins
90	Palak Agarwal	48.palak@gmail.com	6/21/2020	9:58 AM	11:50 AM	112 mins
91	Dnyaneshwari	dnyaneshwari7711@gmail.com	6/21/2020	11:58 AM	12:23 PM	26 mins
92	Pallavi	pallavinlage11@gmail.com	6/21/2020	9:51 AM	11:10 AM	79 mins
93	Akanshabelhekar	1474akansha@gmail.com	6/21/2020	11:29 AM	12:23 PM	54 mins
94	shraddhachikane18	shraddhachikane18@gmail.com	6/21/2020	11:13 AM	11:50 AM	37 mins
95	3230 AchaliDheer	premdheer0@gmail.com	6/21/2020	9:53 AM	10:37 AM	44 mins
96	snehanjaliyadav	snehanjali1112@gmail.com	6/21/2020	9:59 AM	11:08 AM	69 mins
97	vishakhapawar800	vishakhapawar800@gmail.com	6/21/2020	9:55 AM	11:11 AM	76 mins
98	vanitamulchandani	vanitamulchandani@gmail.com	6/21/2020	9:52 AM	11:11 AM	79 mins
99	suvarnadeolankar	suvarnadeolankar@gmail.com	6/21/2020	11:41 AM	12:23 PM	42 mins
100	Anushrii	anushriprasade143@gmail.com	6/21/2020	11:23 AM	12:22 PM	60 mins
101	ashwinikulkarni	ashsam557@gmail.com	6/21/2020	10:00 AM	11:12 AM	72 mins
102	shraddhachikane18	shraddhachikane18@gmail.com	6/21/2020	10:59 AM	11:13 AM	15 mins
103	Vedika Galande	vedikagalande5885@gmail.com	6/21/2020	11:27 AM	12:23 PM	56 mins
104	gitanjalideshpande	gitanjalideshpande@gmail.com	6/21/2020	9:56 AM	11:07 AM	72 mins
105	Tasneem	tasneemtac@gmail.com	6/21/2020	10:04 AM	11:20 AM	77 mins
106	aparnalavate97678	aparnalavate97678@gmail.com	6/21/2020	12:11 PM	12:23 PM	12 mins
107	harshada	kandharshada@gmail.com	6/21/2020	10:17 AM	11:16 AM	59 mins

E. Jadhav
Ekta Jadhav
 Director of Physical Education



S. H. Jadhav
Principal
 St. Mira's College for Girls

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108	21926Sakshi More	21926sakshim@gmail.com	6/21/2020	9:56 AM	11:27 AM	92 mins
109	Sejalsonegara	sejalsonegara@gmail.com	6/21/2020	10:09 AM	11:10 AM	61 mins
110	SUHANI YADAV	Suhaniyadav777@gmail.com	6/21/2020	11:07 AM	12:25 PM	78 mins
111	JanhviRajpurohit	rajpurohitbhavana@gmail.com	6/21/2020	11:41 AM	12:02 PM	22 mins
112	ritubali2001	ritubali2001@gmail.com	6/21/2020	10:05 AM	11:13 AM	68 mins
113	Pradnya More	morepradnya291@gmail.com	6/21/2020	11:10 AM	11:13 AM	3 mins
114	sakshihardikar	sakshihardikar323@gmail.com	6/21/2020	11:32 AM	11:40 AM	8 mins
115	shrikalpalugulla	shrikalpalugulla@gmail.com	6/21/2020	9:55 AM	10:08 AM	14 mins
116	vrush.paranjpe	vrush.paranjpe@gmail.com	6/21/2020	10:07 AM	11:11 AM	64 mins
117	Ketaki Patil	Patilketakip@gmail.com	6/21/2020	11:23 AM	11:37 AM	14 mins
118	Rifhat Mulla	12.rifhat@gmail.com	6/21/2020	12:14 PM	12:23 PM	9 mins
119	Radhika	radhikathakur1007@gmail.com	6/21/2020	10:49 AM	11:10 AM	21 mins
120	Malika Karnalkar	malikakarnalkar@gmail.com	6/21/2020	11:32 AM	11:41 AM	10 mins
121	upendrathakur292	upendrathakur292@gmail.com	6/21/2020	9:55 AM	10:47 AM	52 mins
122	Maya Gurung	gurungmaya41@gmail.com	6/21/2020	9:56 AM	11:14 AM	79 mins
123	nishtachulani015	nishtachulani015@gmail.com	6/21/2020	11:18 AM	11:34 AM	17 mins
124	dishamore1234	dishamore1234@gmail.com	6/21/2020	12:05 PM	12:23 PM	18 mins
125	Anamika Singh	anamika.amyas@gmail.com	6/21/2020	10:12 AM	11:11 AM	60 mins
126	Manushree	21.manushree@gmail.com	6/21/2020	11:10 AM	12:23 PM	73 mins
127	siddhisharma0521	siddhisharma835@gmail.com	6/21/2020	11:47 AM	11:55 AM	9 mins
128	Anushka Chalke	67.anushkachalke@gmail.com	6/21/2020	11:46 AM	12:23 PM	37 mins
129	shreyapowar	shreyapowar12@gmail.com	6/21/2020	11:50 AM	11:56 AM	6 mins
130	Muskan shaikh	ms5299140@gmail.com	6/21/2020	10:12 AM	11:10 AM	59 mins
131	triveninaidu288	triveninaidu288@gmail.com	6/21/2020	11:33 AM	11:42 AM	10 mins
132	Rajni Singh	rajn@stmirascollegepune.edu.in	6/21/2020	9:55 AM	11:10 AM	76 mins
133	Maryann Mendonca	maryannmendonca@gmail.com	6/21/2020	11:06 AM	11:20 AM	14 mins
134	diyadatta03	diyadatta03@gmail.com	6/21/2020	12:07 PM	12:25 PM	18 mins
135	khushiparwani	khushiparwani@gmail.com	6/21/2020	11:48 AM	12:23 PM	35 mins
136	Akanshabelhekar	1474akansha@gmail.com	6/21/2020	11:06 AM	11:24 AM	19 mins
137	ZeelRanka	53.zeel@gmail.com	6/21/2020	11:08 AM	12:23 PM	75 mins
138	nyaterete39	nyaterete39@gmail.com	6/21/2020	10:09 AM	11:13 AM	64 mins
139	Manisha P	manishapimpalkae@gmail.com	6/21/2020	10:11 AM	11:02 AM	51 mins
140	TanayaNevase	1514.tanayanevase@gmail.com	6/21/2020	11:09 AM	12:13 PM	64 mins
141	Anju Jangid	anjuangid1576@gmail.com	6/21/2020	9:54 AM	10:07 AM	14 mins
142	Monika Rajguru	monikagajedra@rediffmail.com	6/21/2020	10:00 AM	11:10 AM	70 mins
143	poonam	dubey097@gmail.com	6/21/2020	10:05 AM	11:08 AM	63 mins
144	Neeta Bishnoi	neetabishnoi12@gmail.com	6/21/2020	11:58 AM	12:25 PM	27 mins
145	Garima kundu	garimakundu17@gmail.com	6/21/2020	9:55 AM	11:10 AM	76 mins
146	jyotisureshchintan	jyotisureshchintan@gmail.com	6/21/2020	9:55 AM	11:05 AM	70 mins
147	kajaljaisinghani27	kajaljaisinghani27@gmail.com	6/21/2020	9:57 AM	11:08 AM	72 mins
148	divyachitre	chitre.divya@gmail.com	6/21/2020	10:16 AM	11:11 AM	55 mins
149	Shreshta Shetty	1415.shreshtashetty@gmail.com	6/21/2020	11:18 AM	12:23 PM	65 mins
150	stellaravi4	stellaravi4@gmail.com	6/21/2020	10:00 AM	11:10 AM	70 mins
151	PradnyaKamle	anuk0084@gmail.com	6/21/2020	11:48 AM	12:25 PM	37 mins
152	ranidubey202	ranidubey202@gmail.com	6/21/2020	11:57 AM	12:07 PM	11 mins
153	SHRUTI GHADGE	shrutighadge5777@gmail.com	6/21/2020	11:42 AM	12:04 PM	22 mins
154	judithb	judithbotelho57@gmail.com	6/21/2020	10:06 AM	11:05 AM	59 mins
155	1098.dimple teji	rajesh.jatin60@gmail.com	6/21/2020	11:38 AM	12:03 PM	26 mins
156	Vidhi Narang	vidhi1237@gmail.com	6/21/2020	9:56 AM	11:11 AM	76 mins
157	Maryann Mendonca	maryannmendonca@gmail.com	6/21/2020	11:20 AM	12:23 PM	63 mins
158	Nishat Karnalkar	hafsakarnalkar@gmail.com	6/21/2020	11:35 AM	11:44 AM	10 mins
159	Akshata Ambre	ambreakshata7@gmail.com	6/21/2020	12:13 PM	12:23 PM	10 mins
160	girijabarawkar24	girijabarawkar24@gmail.com	6/21/2020	10:06 AM	10:46 AM	40 mins
161	gkkamo	gkkamo@gmail.com	6/21/2020	10:37 AM	11:14 AM	38 mins
162	Kalpna Gautam	Snayan1972@gmail.com	6/21/2020	11:03 AM	11:14 AM	11 mins
163	Ketaki Patil	Patilketakip@gmail.com	6/21/2020	11:37 AM	12:23 PM	46 mins
164	Alina Fathima Baig	baigalinafathima@gmail.com	6/21/2020	9:59 AM	11:06 AM	68 mins
165	Vaishali rathod	rathodvaishali001@gmail.com	6/21/2020	10:41 AM	10:58 AM	18 mins
166	Samruddhi Kothari	kotharisamruddhi@gmail.com	6/21/2020	11:06 AM	11:27 AM	21 mins
167	amritkaur	amritkajmanii@gmail.com	6/21/2020	10:05 AM	10:55 AM	50 mins
168	khushipagare26	26.khuship@gmail.com	6/21/2020	11:45 AM	12:25 PM	40 mins

Ejadhar

Ekta Jadhav
 Director of Physical Education



J.H. Jadhav
 Principal

St. Mira's College for Girls

PHOTOS FOR ACTIVITIES CONDUCTED UNDER 5.3.3 (2020-21)

NAME OF EVENT: International Yoga Day

DATE: 21-06-2020

You're sharing Microsoft Power... Meeting recording is in progress.

Pranayama

Anulom Viloma Pranayama (The Alternate Nostril Breathing)

The main characteristic feature of this prānāyāma is alternate breathing through the left and right nostrils without or with retention of breath (kumbhaka).

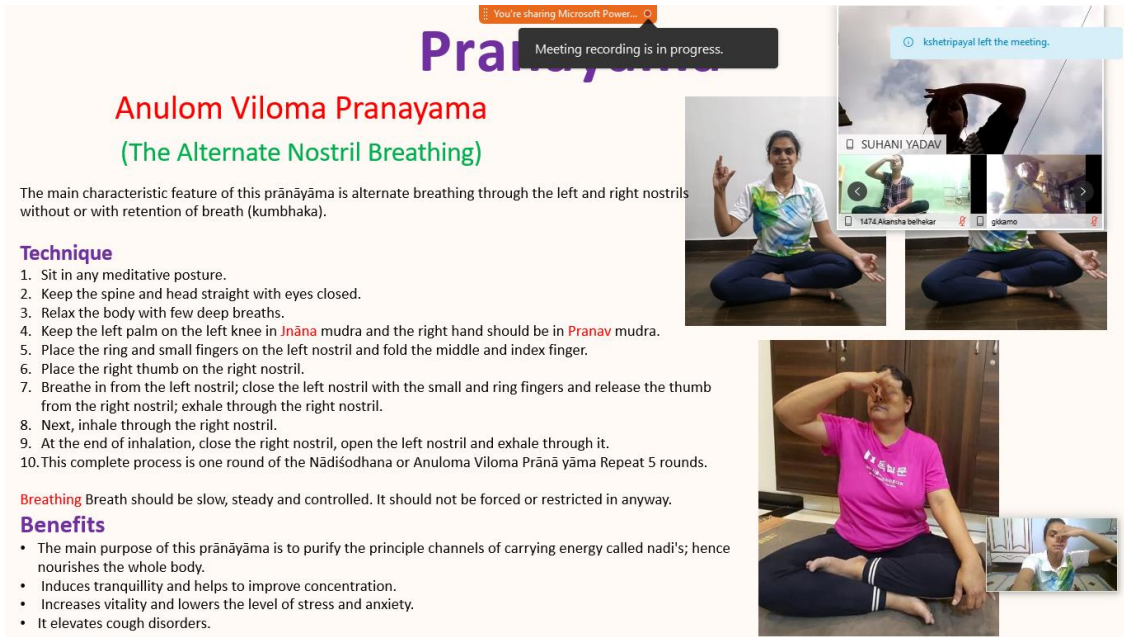
Technique

1. Sit in any meditative posture.
2. Keep the spine and head straight with eyes closed.
3. Relax the body with few deep breaths.
4. Keep the left palm on the left knee in **Jnāna** mudra and the right hand should be in **Pranav** mudra.
5. Place the ring and small fingers on the left nostril and fold the middle and index finger.
6. Place the right thumb on the right nostril.
7. Breathe in from the left nostril; close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril.
8. Next, inhale through the right nostril.
9. At the end of inhalation, close the right nostril, open the left nostril and exhale through it.
10. This complete process is one round of the Nāḍīśodhana or Anuloma Viloma Prānā yāma Repeat 5 rounds.


Breathing Breath should be slow, steady and controlled. It should not be forced or restricted in anyway.

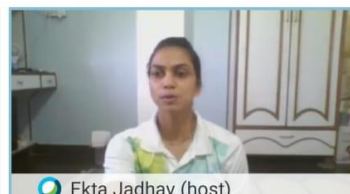
Benefits

- The main purpose of this prānāyāma is to purify the principle channels of carrying energy called nadi's; hence nourishes the whole body.
- Induces tranquillity and helps to improve concentration.
- Increases vitality and lowers the level of stress and anxiety.
- It elevates cough disorders.











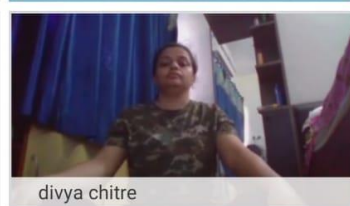
Ekta Jadhav (host)




21926Sakshi More



Deepa Krishnamurthi



divya chitre



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