



C.V. Raman

Global University

CGU YOGA CLUB NOTICE

(Weekly Activity)

BREATHE WELL TO BE HEALTHY

We have the pleasure to invite you all to the must attend Yoga Club Activity ("BREATHE WELL TO BE HEALTHY") of CGU. This activity will not only make you learn the proper technique of breathing, but also will help you to lead a healthy, stress-free and refreshing life.

About the Importance of Breathing:-

Breathing has a lot to do with the Life force/Vital force (Prana) within us. It has a huge impact on the overall health and wellbeing of human beings. While proper diet acts as the fuel for the body, proper breathing acts as the fuel for the mind. A healthy mind is, therefore, fancied by a good breathing pattern even though we are hardly charged for it.

Time & Venue

06:15 am on 01/02/2025 (Saturday)

Yoga Hall