

## **Yoga Fest at Yenepoya University**

Ahead of the International Day of Yoga, Yenepoya University organized Yoga Fest 2016 in their premises. A lecture on the topic 'Power of Pranayama' was delivered by Dr. K. Krishna Sharma, Chairman, Dept. of Human Consciousness and Yogic Sciences, Mangalore University on 27<sup>th</sup> April 2016. He stressed the importance of Pranayama for physical, mental and spiritual well being. Dr. Archana Vikram, Assistant Professor, Dept. of OBG, Yenepoya Medical College Hospital presented a lecture on 'Yoga for mind and body' on 28<sup>th</sup> April 2016. Importance of practicing yogasanas, tips for doing yoga and obstacles faced were discussed. The programme was attended by staff and students of all constituent colleges of Yenepoya University.