

Photographs

Visit to PINJARAPOLE



International Yoga Day

International Yoga Day 2021

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.

Padangustha padma utkatasana

In this standing balance, the heart remains a focus as you sink down into the supporting leg and gently allow the hip of the bent leg to open with the breath. It helps strengthen the ankles and bring flexibility to the hips and develops balance and clarity of mind.



Ardha Dhanurasana

It opens up the nadis, thereby promoting flow of prana in the body. By regulating the flow of inner energy, the pose leads the yogi to Self-realization.



Baddhakonasana

It requires a combination of stability, flexibility, and effort. It stretches the groin and inner thighs, increases the flexibility of knees, ankles, feet and hips and Very beneficial in infertility and asthma.



Naukasana

It strengthens the abdominal muscles, strengthens the muscles of the arms thighs and shoulders, improves the health of all organs in the abdomen especially the liver, pancreas and kidneys, helps in regulating blood flow at sugar level.



Urdhva Mukha Shvanasana

It is one of the best yoga asanas for benefits for the whole body. It provides the body with a good stretch for the spine, expanding the rib cage, and improving your lung capacity.



Parivritta Trikonasana

An important technique to learn for twists is an even distribution of the work required. It tones the legs, releases the thoracic spine, invigorates abdominal organs and stimulates digestion.



Vrikshasana

This posture replicates the graceful, steady stance of a tree. This pose leaves you in a state of rejuvenation. It stretches the legs, back and arms, and invigorates you. It brings balance and equilibrium to your mind. It helps improve concentration.



Ardha Kati Chakrasana

Practitioners of this Asana have reported relief from constipation issues, especially if it is practiced during the morning hours. The back muscles are exercised and this leads to their strengthening. Asthma and high blood pressure, two common medical problems of the modern world, can be controlled through this Asana.



Trikonasana

It activates your core muscles, which aids in balance and stability. Stretches and lengthens the spine. This pose can reduce stiffness in the spine and back, resulting in increased flexibility.



Bhujangasana

Bhujangasana or Cobra Pose is a solution to solve many problems. It Opens up the shoulders and neck to relieve pain. It tones the abdomen. Strengthens the entire back and shoulders. Very Useful for people with respiratory disorders such as asthma.



Virabhadrasana

Lifting your torso and arms helps build strength in arms, shoulders, and back. Strengthens biceps and triceps. Helps open and create strength and stability in the shoulder joints. Tones abdomen and outer hips. Strengthens the posterior chain and improves balance.



Sarvangasana

It Calms the brain and helps relieve stress and mild depression. Stimulates the thyroid and prostate glands and abdominal organs. Stretches the shoulders and neck. Tones the legs and buttocks and improves digestion.



-2nd Semester, BBA LLB(hons)

By: Anagha K Bharadwaj
Ankitha Thangamma KU
Vismaya G

Trekking Expedition to Kumaraparvatha



Save Soil Campaign




Mr. Pramod B.C (Internationally Certified Dog Trainer)



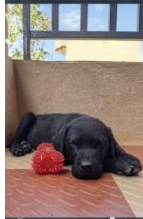
Pet Space

OREO is his name!
He's aged about 1 year and 2 months
Breed: SHIH TZU (belongs to the Tibetan origin used by the kings earlier as lap dogs)
A very playful and a naughty dog, too energetic to keep playing and chasing away kids.
He loves to travel by car and bark at any stray cattle or other pups.
He should be taken to the spa every month for his routine haircut.
He loves to seek attention and get groomed. Only skill is to attract people!
He eats everything that is offered to him.
HE IS A GOOD PUPPER!!

Proud PAWSENT
CHIRANTH K
IX sem BA LLB



MARGO- LABRADOR



Age- 7 Months
Favorite food- Carrot milk biscuits

A naughty boy who loves to play and bite people for no reason.



He's very good at skills like sit, handshake, spin

BABY TAYLOR FINN

I say walk and this the look I get every time as he likes to go out for walks and drives.

Yashaswini Suresh
VII sem BBALLB

BLACKY

Age: 9 years
Breed: Mongril(street dog)
Nickname: Baku
Weight: 12 kg

She is very enthusiastic, cute, and very sweet dog. When we command her, she sits, jumps, gives her paw, sometimes even stops barking.



HER FAVOURITE GAME IS A GUESSING GAME, WHERE SHE HAS TO GUESS IN WHICH HAND THE TREAT IS HIDDEN. SHE LIKES TO BARK AT THE SQUIRREL THAT VISITS OUR GARDEN EVERY DAY.

SHE HATES GETTING A BATH.

HER FAVOURITE FOODS ARE TREATS, BOILED EGGS, CHICKEN TREAT, CHAPATI, PAPAYA, BISCUITS.

SHE LOVES WHEN WE PET HER ON THE HEAD AND BEHIND THE EARS. SHE STANDS ON TWO LEGS WHEN SHE'S SUPER EXCITED (SPECIAL SKILL). SHE DOESN'T CHEW ON ANY OF THE SHOES OR SANDALS (VERY GOOD DOG).

SHE LOVES TO DIG HOLES IN THE GARDEN AND EAT RANDOM PLANTS.

WHATEVER SHE DOES, SHE'LL ALWAYS BE LOVED BY EVERYONE. SHE IS AN ANGEL OF OUR HOUSE. SHE IS MY FIRST DOG 🐾 AND SHE IS THE BEST PET IN THE WORLD TO ME 😊

THIS ANGEL BELONGS TO,
MANASA M S
3RD SEMESTER BALLB

TWO DAYS EXCURTION TO COORG ON 16th & 17th OF DECEMBER, 2023.

