



POORNIMA UNIVERSITY

Report

On

YOGA & DIET THERAPY SESSION

At

Gayatri Girls Hostel, PF

Without health life is not life; it is only a state of languor and suffering.

A Yoga & Diet therapy Session by “Dr Sonal Chopra” at Gayatri girls hostel of Poornima Foundation.

Dr. Sonal is an instructor in Vibration Mile Jaipur. She completed her B.H.M.S from Lucknow and also took one year diploma in acupressure therapy.

She gave the information about different types of yoga which are very useful and important for our health and guided us for our regular diet.

She shared the beauty tips and acupressure points in our body which are directly used to improve our health.

Some tips are as follows:

1. She suggest us for different types of session
 - a) Kapalbhatai (b) Kobraasan (c) Vajrasan etc.
2. She told us about different type of fruits and vegetables are necessary for our health.



