

सेतु STUDENT SUPPORT
ENGAGEMENT AND TUTELAGE

Home away from home...





WHAT IS YOGA?

- It is a way of life.
- It is a discipline.
- It nurtures the mind, body and soul.
- It is therapeutic.
- It becomes a habit.
- It promotes a sense of well-being.



WHY YOGA?

- *To become healthy or healthier.*
- *To reduce stress.*
- *To get rid of anxiety.*
- *To improve concentration.*
- *To become energetic.*
- *To feel happier.*



PHYSICAL BENEFITS

- Body becomes agile.
- You feel fitter.
- Immunity increases.
- Improves stamina.
- Increases strength.
- You don't catch infections easily.



MENTAL PEACE

- Helps you to cope better.
- Gives mental strength.
- Reduces stress.
- Elevates mood and reduces depression.
- Helps to focus better.
- Helps to study for longer stretches at a time.



WHAT NEXT?

- Join a group; company helps.
- Who better than your own All friends and peers?
- Batch starting Dec 8th, 2014; ending 19th Dec.
- Mondays, Wednesdays & Fridays, 8am to 9am



ACTION TIME

- Enroll yourself and motivate others.
- Be quick; register soon to get fee benefit.
- Rs. 200 for registrations before Nov 30th; Rs. 250 after that.
- Register at your college or SSETU office.



Hope to see you at the yoga camp!!!