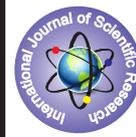


MayaYoga-ii



Physical Education

KEYWORDS:

Bijaya Bhattacharya

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The physical benefits of yoga are myriad; it literally improves your health from head to toe. Consciousness in urban society has reached a level where most of us are aware of the fact. However, there are contraindications for many postures and techniques. Moreover, there are many different kinds of yoga schools. While gentle hatha yoga is universally accepted, dynamic and strenuous forms like power yoga is not suitable for many. One needs to begin practice under guidance of an expert to choose a correct form and right postures.



MayaYoga is a vibrant Yoga institute founded by Bijaya Bhattacharya. Its vision is to popularize Yoga as an alternative for remedy as well as prevention of health disorders. The organization is committed to the social cause; has been assisting on organizing International Yoga Day for last couple of years and hosting awareness programs regularly. This year, department of AYUSH, Government of India, recognized MayaYoga for holding free camps at apartments and Government schools in Yelachenahalli.



In a recent event organized by MayaYoga medical practitioners reiterated therapeutic abilities of Yoga. The speakers included Dr. Kiran Kumar Kulkarni (Medical Officer of Indian Football Team and National Women Hockey Team), Dr. Harsha T.R. (Assistant Professor at Department of Microbiology, Victoria Hospital, Bengaluru Medical College), Dr. Guru Deo (Faculty and the head of Ph.D. Programs at S-VYASA Yoga University) and Mrs. Alaka Vishwanath (Faculty of SVYASA Yoga University).

MayaYoga's mission is to expand the reach through mentoring students to take up teaching. In addition to motivating students to adopt Yoga in daily life, it has been inspiring them to pursue higher studies. Several students, mostly ladies, have received Yoga Bhusana award by Ministry of Health and Family Welfare, Government of India. Many of them have already completed Masters and Post

Graduate in Yoga; couple of them got certification from SVYASA.



Bijaya Bhattacharya has been engaged with Sagar Clinic for a year. The holistic approach adopted on treating patients has shown exceptional results. Many patients have experienced surprising benefits through therapeutic sessions. Patients with high blood pressure, arthritis, back pain, diabetic, obesity etc. have reduced symptoms considerably within a couple of weeks. They appreciate and vow to continue Yoga therapy in addition to regular medication.

MayaYoga is happy to extend a couple of free sessions if anyone is keen to learn its methods of instruction. You can also approach for a free demonstration session in your locality/apartment. Contact MayaYogaTrust@gmail.com if you have a query.

