

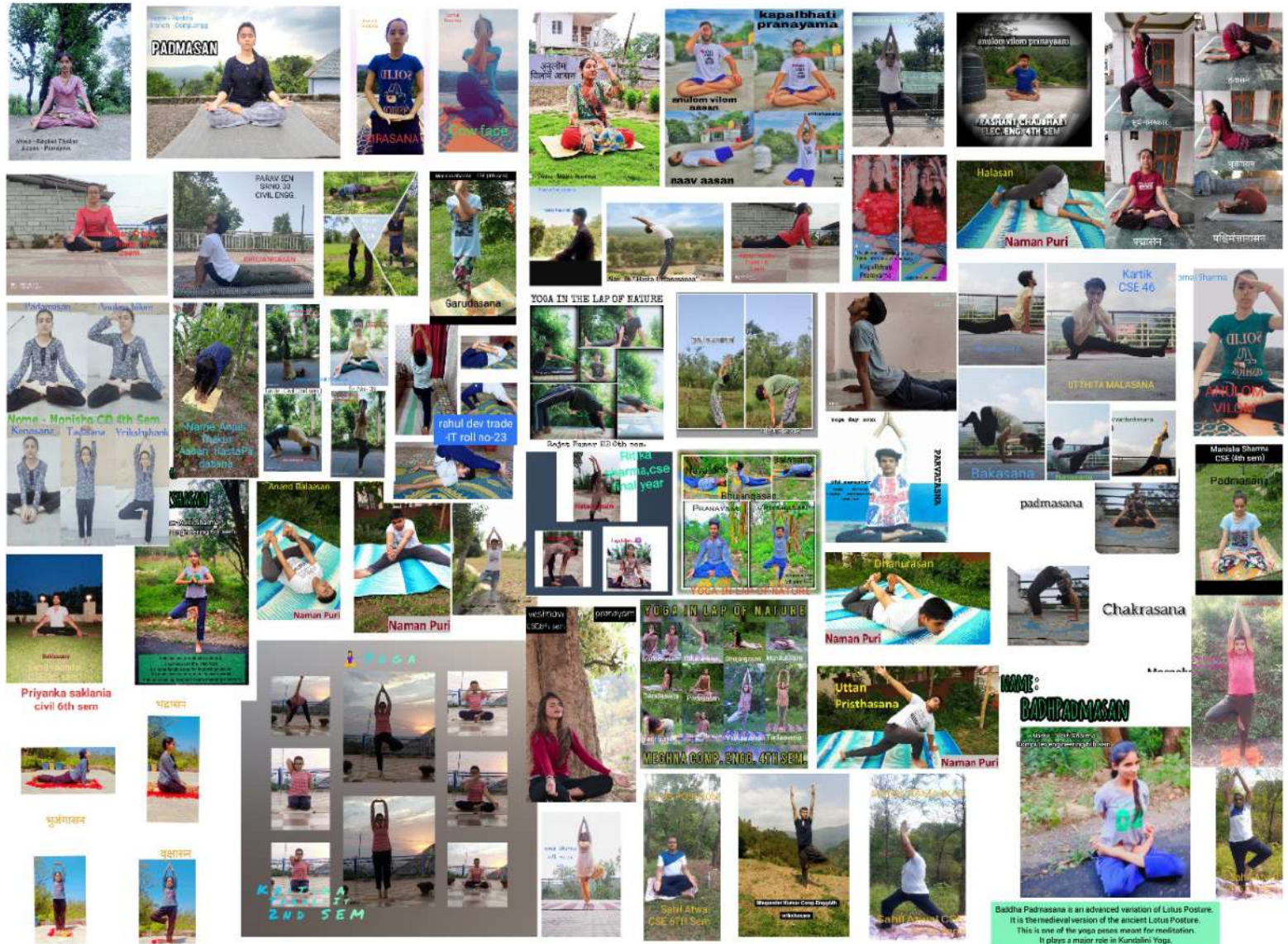


# राजकीय बहुतकनीकी, हमीरपुर (हि.प्र.)

GOVT. POLYTECHNIC, HAMIRPUR (H.P.)



21st June 2021



**Bakha Padmasana** is an advanced variation of Lotus Posture. It is the medieval version of the ancient Lotus Posture. This is one of the yoga poses meant for medication. It plays a major role in Kundalini Yoga.



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NAUKASANA



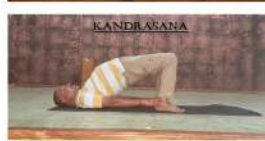
SARVANGASANA



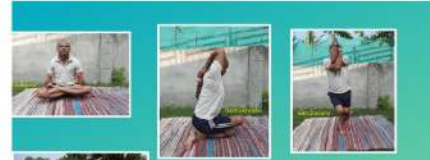
HALASANA



USTRASANA



KANDRASANA



Yoga Asana  
By  
Vijay Sharma  
Lecturer  
Computer  
Engg.



Bhujangasna



Vriksha asana



Vajra asana



Halasna



Naukasna



Bhujang asana

Pratibha Thakur, Lecturer IT



Virkehasna



Padmasana



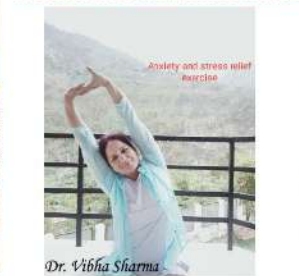
PADM ASANA

SUNITI SHARMA  
Lecturer Computer Engg.



Anulom Vilom

Sh. Virender Kumar



Anxiety and stress relief exercise

Dr. Vibha Sharma



Virkehasna

Er. Amandeep Singh



Padmasana

Sh. Pratik Singh



कपालभाती



उत्तम शशाङ्ग



अष्टांग योगी  
श्री केशव जी WJI



Pawanmuktasana

Pratibha Thakur, Lecturer, ECE



Anulom-vilom

Shri. Pratik Singh  
Yashraj Singh



chakra asana

Urdhvamukha  
shvanasana



Kapalbhati

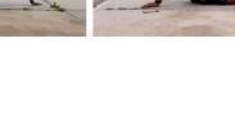


Bridge Pose



Fish Pose

Mrs. Reena Kumari



Mrs. Reena Kumari

