


SATISH MISAL EDUCATION FOUNDATIONS' BRICK SCHOOL OF ARCHITECTURE	<div data-bbox="1157 112 1468 224"> <div>Satish Misal Educational Foundation's</div>  <div>BRICK[™]</div> <div>SCHOOL OF ARCHITECTURE</div> </div>
Capacity building for students	
Yoga and Meditation	

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Yoga and Meditation at Brick

Brick believes that the development of students happen with right balance of physical and mental health. Every year the International Yoga day is observed in the Institute. Every morning some students come earlier than the regular classes and exercise before going to classes. Following are the glimpses of International Yoga Divas celebrated in the institute.









Celebration of International Yoga Day

BRICK Family celebrated International Yoga day on 21st June 2019 in the campus. An Inter House competition of Surya Namaskar was organized for the students. Faculty along with students performed 12 Surya Namaskar, the most effective combination of 12 Asanas.







Audit Course on Yoga in the campus

Yoga Audit Course – First

Architecture is a demanding course, physically as well as intellectually. An integral part of an architecture degree is the development of practical design skills, meaning that a large proportion of time is spent doing studio-based design project done sitting at one place for long hours, which can adversely affect the physical health.

This lifestyle, intellectually and physically challenging, can cause lower-back and neck pain, upper- back soreness, irritability and stress.

Yoga can be the key to the perfect posture, a pain free body and stress free being. Yoga works on all three aspects- body, mind and Soul.

Yoga audit course is based on Hatha Yoga. Hatha yoga is a kind of yoga focusing on physical and mental strength building exercises and postures. It is Yoga of Activity. Its philosophy and its practice aim at harmonious integration of different dimensions of human personality like Mind, Body and Spirit.

Audit Course covers following topics-

- Explanation and Discussion of Yoga philosophy.
- Practical sessions for Asana – Physical benefits of Asana
- Pranayama – Different pranayama types, Uses of each type of Pranayama with its science and Body physiology. Pranayama Benefits.
- Meditation. – What is meditation, how to practice it. Its advantages.
- Explanation and meaning of the prominent types of yoga - Yoga is a view of life as well as well as a way of life.