

Yoga and Meditation:



Yoga and Meditation Course called “Twenty-One day Better Living Course” was organized by our college during December 2015 to January 2016 in collaboration with The Yoga Institute, Santacruz. Objective of Course was to improve the overall performance of the students in their every sphere of life. The course was based on basics and technical Aspect of Yoga. The course helped students to learn various techniques of Yoga with practical knowledge. Students were taught various asana and pranayama and were also enlightened

about “8 FOLD PATH OF YOGA”. Ms Neena Singh Conducted classes within the college premises for one hour daily. 25 students completed the course successfully.