

YOGA FOR ALL: Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. Yoga has the power to calm the mind and strengthen the body. Institution has started the Yoga course “Diploma in Yoga teachers” in 2008. The course not only creates the expertise in the most important health field but also generates awareness of yoga and its health benefits among the students. Every year 25 to 30 students from various states of India get admission in diploma course through online mode. Yoga centre in college also conducted the special yoga session under the YOGA THERAPY activity to treat the people who have suffered from different diseases. To increase the efficiency and to reduce the work stress special session are conducted for the teaching and non-teaching employee of the college. Yoga for all is now implemented among students to get it as a part of daily routine activity. The Institute is planning to apply for the regular undergraduate course in Yoga.

