

## YOGA AND MEDITATION

In order to strengthen the mind and body of the students, there are sessions on Yoga and Meditation.

Sl.No	Name of the Programme	Name of the Department	No. of Students benefitted
<b>2013-2014</b>			
1	Yoga Class	Department of Bharatanatyam	32
<b>2014-2015</b>			
1	Class on Health and Fitness	Department of Mathematics and Physical Education	65
2015 – 2016			
1	Yoga Display	Department of Physical Education	?
<b>Total no. of programmes:1</b>			
<b>2016-2017</b>			
1	Yoga training week	Women Studies Centre	16
<b>Total no. of programmes:1</b>			



Yoga Day Celebration



Yoga Display