

Report on Yoga and Meditation 2020-21

Yoga and meditation are the effective techniques to release stress. With this objective in mind, a yoga session was organised for the freshers. Duration of the session was a month that is 2hrs/week. The total number students participated in the session was 230 by four yoga instructors. Yoga instructors were from Alva's College of Naturopathy and Yogic science. The instructors took the session with great dedication. The students participated in the session with full interest and enthusiasm.

The coordinator of yoga session motivated the students and conveyed the importance of making yoga an integral part of our daily life.

The session concluded with an interactive session between the instructors and the students in which queries of the students were answered satisfactorily. The session was very refreshing, reviving and relaxing.



