

Yoga and Meditation

To promote mental and physical discipline among students, a yoga centre is functioning in the college. A good number of students and teachers are practicing yoga and meditation on a daily basis.

During the year 2012-13, Department of Malayalam, conducted Yoga Course for the students and 14 students of various departments joined the course under the supervision of Instructor Yogacharya Sudha Balakrishna. They successfully completed the course and course certificates were issued.

During the year 2013-14, Department of Malayalam, conducted Yoga Course for the students and 38 students of various departments joined the course under the supervision of Instructor Yogacharya Bikram Misra. They successfully completed the course and course certificates were issued.

During the year 2014-15, Department of Malayalam, conducted Yoga Course for the students and 38 students of various departments joined the course under the supervision of Instructor Yogacharya Bikram Misra. They successfully completed the course and course certificates were issued.

During the year 2015-16, Department of Malayalam, conducted Yoga Course for the students and 28 students of various departments joined the course under the supervision of Instructor Yogacharya Bikram Misra. They successfully completed the course and course certificates were issued.

During the year 2016-17, Department of Malayalam, conducted Yoga Course for the students and 35 students of various departments joined the course under the supervision of Instructor Yogacharya Bikram Misra. They successfully completed the course and course certificates were issued.

During the year 2017-18, the college has started Yoga class for the students under the supervision of Dr. George James T. 64 students joined the course.