

YOGA AND MEDITATION CENTRE

REPORT 2014-2019

The college has Yoga and Meditation Centre started functioning in the Year 2016. The purpose of the centre is to popularise yoga and meditation among students and teachers. The centre tries to accomplish the fundamental purpose of yoga i.e., to foster harmony in the body, mind, and environment. Students are trained to practice physical exercise, breath control, relaxation, diet control, and positive thinking and meditation which aimed at developing harmony in the body, mind, and environment. The centre arranges yoga and meditation classes in every Monday, Tuesday, Thursday, and Friday from 3.30 – 4.30 pm and the classes are given under guidance of a trained Yogacharya. Dr. James George T, Associate Professor, Department of Physics is the staff coordinator of the centre. Every year special sessions are arranged for the students to make them aware about the importance yoga and train them to practice in their daily life. Both theoretical and practical sessions enable the students to lead a happy and peaceful life.



5.1.3 Report of Capability Enhancement Programme



INTERNATIONAL YOGA DAY CELEBRATION

Yoga and Meditation Centre in association with NCC Unit of the College celebrated International Yoga Day on 21st June 2018 with the theme *Yoga for Harmony and Peace*. The purpose of this programme was to spread awareness about the importance and effects of yoga on the health of the people. Ms. Kimoana Haenni, Yoga GURU, Switzerland was the Chief Guest. She said yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us to lead a happy life.



5.1.3 Report of Capability Enhancement Programme

