

2021-22

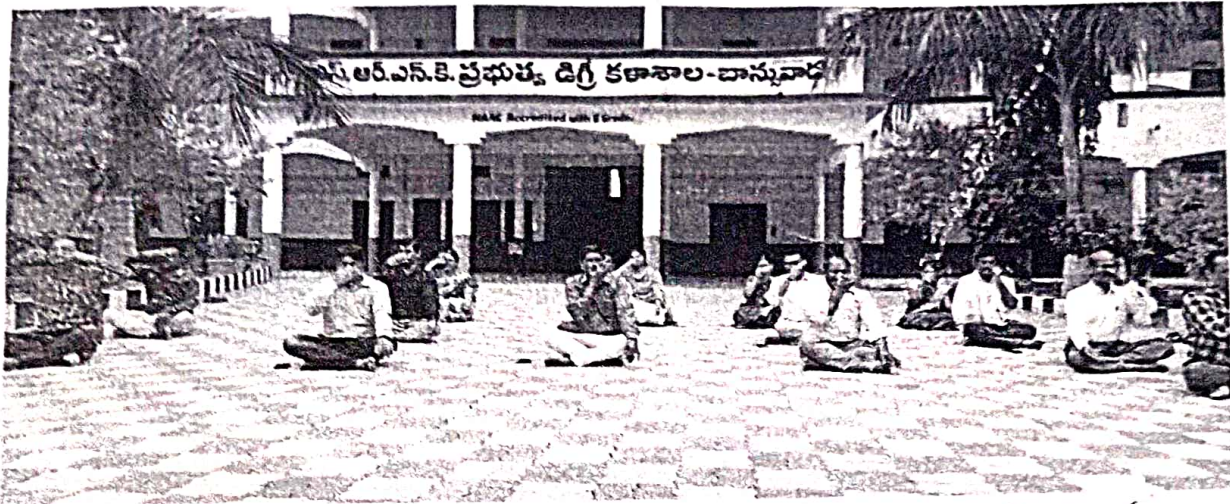
28 Awareness Programme on Yoga

Date 21-06-2022

The department of History, with the help of Brahmakumaris organization, an awareness programme on the importance of International Yoga day was organised at the premises of the college.

The aim of organising this Yoga awareness programme by ~~participating~~ practicing Yoga was to make the employees and the students of the college acquaint about the benefits of Yoga Asanas. They were made aware about benefits of practicing Yogasanas for making life stress free, disease free and productive. All the employees of the college along with the principal participated in this Yoga practice.





An Awareness Programme on Yoga, was organised
in the college



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