

REPORT ON YOGA AND MEDITATION

Yoga and Meditation: Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety. Yoga and Meditation helps in sharpening our mind and improving our intelligence. Students can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

Objective of Yoga and Meditation: The main objective of Yoga and Meditation is to help in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Advantages of Yoga and Meditation:

- To enable the students to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Organized Programs:

Sessions	2018-19	2019-20
No. of events	01	01

Activities:

- Interactive Workshop on Yoga and Meditation for the students.
- Conduct competitions on Yoga and Meditation.



24/08/2019



22/08/2019



24/08/2019



27/08/2019



12/08/2018



12/08/2018