

Conduction of yoga awareness programme for students and staff .

The present situation is happy and Mental health, increasing stress of every person day by day, busyness in life, big aspirations and expectations are all neglecting our physical and mental health day by day so it is difficult to find a better way than yoga if we want to get rid of various ailments. Every year in the colleges, yoga programs are organized for the students as well as for the teachers and teaching staff. Information is provided by the program. Lessons on how we can keep our health healthy through yoga pranayama are also given in these programs. The main objective of the Department of Physical Education and Sports is that every person should be physically fit and mentally strong so that they can carry out their daily activities and lead a happy life.



