

## Activity Report 2018-19

### Life Skills Yoga 29-08-2019

Yoga and Wellness programme is conducted in the college premises on 21-6-2019. B.K.ShivaLeela (Incharge of Brahma Kumaris institute) is the resource person for the training and given oration on the topic "Meditation." All students from B.A/B.Com/B.SC. of all years along with the staff participated. Students are given practical knowledge on how meditation brings Stress Management to pay attention towards the studies. 250 students and 120 staff attended the Life Skills- Yoga Physical Fitness program in the college.



On the occasion of FIT India movement launch by Sri.Narendra Modi , Hob'le PM.