

## Yoga



Yoga is seen as a holistic empowerment of the mind and the body, it is energizing for the body and calming for the mind. Under the guidance of a good trainer and with sustained practice, it yields marvelous rewards. The college therefore prioritizes yoga as one of the most important co-curricular activities for young academics, which can greatly enhance their mindfulness and over-all wellbeing.

Yoga practice is compulsory for all students of the college. An hour is devoted to yoga as part of the academic routine for students of all the three years. For the first two years the class is compulsory for all students, in the third and the final year, the course continues with students who excel in it and have the potential of taking up Yoga as a future profession. The students train under an experienced certified Yoga teacher.

The yoga classes of the college have continued online through the time of the Pandemic. Our students have benefitted enormously from these innovative classes during the stressful times of anxiety and isolation.