**YOGA & MEDITATION**

Yoga & Meditation is a scheme started in the college by Physical Education Department in the year 2013 – 2014. The main activities conducted in this scheme by Physical Director Mrs. K. Shilpavalli are:

* Training the students for YOGA.
* Teaching medication thrice a week.
* Celebrating International Yoga day since year of its inception i.e., on 21st June, 2015.
* Encouraging students and teachers to adopt Yoga in their daily life for staying healthy.

The students strength benefitted in this scheme are as follows:

|  |  |
| --- | --- |
| **Year** | **No. of Students** |
| 2012 – 2013 | Nil |
| 2013 – 2014 | 10 |
| 2014 – 2015 | 10 |
| 2015 – 2016 | 15 |
| 2016 – 2017 | 20 |
| 2017 – 2018 | 35 |