

Yoga

The college Sports incharges makes it a point every year to conduct certain activities that would ; ensure development of their wholesome personalities for which Mr. H.K Sahu, PET organized a seminar cum poractical session on Yoga in the college premises with the presence of Shri.

Duryodhan Meher, I/C Principal, Khagapati Amat Lecturer in History and NSS co-ordinator Tarun Kumar Pruseeth and Miss Devahuti Sahu, Lecturer in Political science. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'Yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. It has been a practice of our institution to give importance to Yoga as it gives several benefits to the one who is a regular practitioner.

Another yoga session was organized in the morning of every day in seven days Winter Special NSS Camp with the help of a professional yoga trainer. All the students NSS Volunteers of the college and NSS Co-ordinator Shri Tarun Kumar Pruseeth joined the practical session.

Some of photos are below pages.











GPS Map Camera

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Lat 21.787989°

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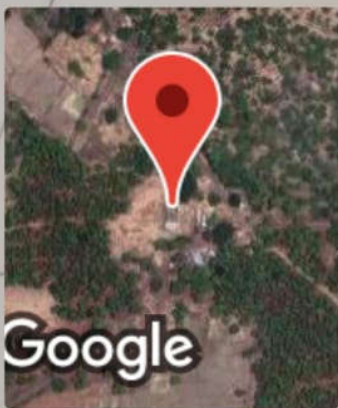
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Jharmal, Odisha, India

Athaga Chakh Bus Stop, Kuntara Rd,

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