

YOGA & MEDITATION CENTRE

ANNUAL REPORT 2022-23



Sk. Alisha

Co-ordinator
YOGA & MEDITATION CENTRE

I take it a privilege to submit a brief Report of Yoga & Meditation Centre during 2022-23.

- on 21-06-2022, the International Day of Yoga was celebrated by the Yoga & Meditation Centre. On this occasion, training of Yoga Asanas is give to College Staff & Students in forenoon session. A Guest lecture on" Yoga Consciousness" was Organized in the afternoon session. Sri K. Gopal Sharma, Rtd. HM, BRM High School, Bhimavaram, Faculty, The Art of Living" delivered an inspirational talk regarding practice of yoga!"
- I am happy to mention that Management introduced our College "Yoga training" to the Degree students from this academic year. Classes were included in the Timetable framework and Certificates will be issued to the Students.
- Our College hosted NSS National Integration

Camp 2023 from 03-03-2023 to 09-03-2023. On this occasion Yoga Training was given to 210 NSS Volunteers from 12 different States:

Tamil Nadu, Kerala, Karnataka, Maharashtra, Madhya Pradesh, Odisha, Punjab, Gujarat, West Bengal, Puduchchery, Telangana and Andhra Pradesh.

