Report on:- Yoga and Meditation

Held on:- 08.08.2019

Date of Event	**08.08.2019**
Name and Type of Event	**Yoga and Meditation-Seminar**
Conducted by	**Prof. Arvind Kumar Pandey**
No. Of Participant	**180**

On the 4th day of the Induction program, a workshop on Yoga and Meditation was organized for the students of BCA/MCA at University Auditorium on 8th August, 2019. It is said that practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind. It helps manage stress and anxiety and keeps you relaxing. This session was taken by Mr. Sapan and Mr. Jeetu along with their team of five students. They had shown different forms of yoga and taught the method for practicing them.



