

YOGA AND MEDITATION WORKSHOP FOR NSS STUDENTS

A three-day yoga and meditation workshop was organized from 1.11.2019 to 3.11.2019 for NSS students of the college during the NSS camp at Kolihapuri near Durg. 57 students participated in the activity. Every day one-hour session was conducted by heartfulness trainers Shri Pradeep Deshmukh and Ms Deepali Bibay. Students felt relaxed and they also felt enhanced energy levels during their day-to-day activities as a consequence of the yoga and meditation sessions.

