



## **"Yoga Divas"**

Semester- III

Division: A

Programme conducted by Community service unit

Day & Date: Wednesday, 13<sup>th</sup> July 2016

Time: 8.00 am to 9.00 am

## **Report**

Community service unit organised "Yoga Divas". As per the circular Yoga Divas is to be celebrated on 21<sup>st</sup> June, 2016. Since the students were not on campus we celebrated Yoga Divas on 13<sup>th</sup> July 2016. The objective of this programme was to make students aware about early rising and practicing yoga and maintaining fitness and good health and how it helps students to memorize something and understand a concept and its context. Yoga is the scientific way of living healthy and increasing life expectancy. It strengthens the immune system and does internal cleansing of blood, body parts, body systems, organs, veins & arteries. It brings a divine glow on the face and makes us wise.

## **Learning & Feedback**

Students were happy and appreciated the initiative taken to celebrate Yoga Divas. The students learned the benefits of yoga.

Mrs. Sameeksha Varunkar  
(Faculty Coordinator)



