Yoga Session

Date : 30 November 2024

No of students: 25

Jyoti Nivas College Autonomous successfully hosted a one-hour yoga session on 30th November 2024. The event, graced by esteemed guests Ms. Jyothi A.C, Ms. Khushi M.D, and Mr. Dinesh H.C, aimed to promote physical and mental well-being among students.

The session was attended by approximately 25 students. The event featured a comprehensive yoga practice, including warm-up exercises, a variety of asanas, pranayama, techniques and meditation.

The yoga session was a resounding success, leaving a positive impact on the participants. It provided a valuable opportunity for students to learn and practice yoga, fostering a harmonious balance between mind and body.

The college looks forward to organizing more such events in the future to promote wellness and holistic development among students.

