

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.

