

Yoga and Meditation Camp

Yoga is one of the best ways to unite the body and mind. It helps to maintain physical shape and fitness of the body. Moreover, yoga also helps to keep control on the functioning of the body and mind and by reducing stress and anxiety it creates favorable conditions for sound mind and health. Furthermore, yoga creates suitable atmosphere for meditation.

Aim:- To create in interest about yoga and meditation among the students by providing scientific guidance about them.

Objectives :- 1) To introduce the of yoga and meditation to the students.

2) To create an awareness about health among the students through practice of yoga and meditation.

3) To inform the students about different types and forms of yoga and meditation.

4) to conduct practice session of yoga and meditation.

5) To develop the personality of the students through practice of yoga and meditation.

Function :- 1) To display the notice of the programme in the notice board for the information of the students.

2) Interested students are asked to enroll their names for the programme.

3) To prepare the schedule of the programme.

4) to conduct practice sessions of yoga and meditation.

5) To invite experts in yoga and meditation for guiding the students.

Outputs :-

1) Students are introduced to the science of yoga and meditation.

2) Students become aware about the importance of health through the practice of yoga and meditation.

3) Students came to know about different types of yoga and meditation and their benefits.

4) Development of personality of the students was made through the practice of yoga and meditation.