

GUEST LECTURE ON BENEFITS OF PRACTICING YOGA

Guest lecture on “Benefits of practicing yoga” was held on June 15, 2022 at 10.30 A.M to 11.30 A.M in the Seminar Hall, School of Education. Dr.Rama Badhara Sainathan, Junior Medical officer, SJS Medical Centre, SCSVMV was the Resource person. He encouraged students to practice yoga in a regular manner to get better health benefits. Faculty members and students attended the program.

