

YOGA AND MEDITATION

For the overall healthy development of the students including mind and body, Maharaja's College offers the student's sessions on yoga and meditation. It provides them with fitness, unstressed mind and positive outlook. Students are keen in attending these sessions and are encouraged to take part in yoga displays and competitions. The NCC, NSS units together with the Physical education department play the crucial role in the proper maintenance and conduct of these programs.

Sl. No.	Name of the Programme	Name of the Department	No. of students benefitted
2018-2019 Total no. of programmes: 3			
1	Yoga and Meditation Training	Physical Education	112
2	Yoga Display	Physical Education	102
3	Yoga Class	Physical Education	109
2017-2018 Total no. of programmes: 3			
1	Yoga and Meditation Training	Physical Education	124
2	Yoga Display	Physical Education	113
3	Yoga Class	Physical Education	121
2016-2017 Total no. of programmes: 3			
1	Yoga and Meditation Training	Physical Education	117
2	Yoga Display	Physical Education	115
3	Yoga Class	Physical Education	117
2015-2016 Total no. of programmes: 3			
1	Yoga and Meditation Training	Physical Education	110
2	Yoga Display	Physical Education	105
3	Yoga Class	Physical Education	112
2014-2015 Total no. of programmes: 3			
1	Yoga and Meditation Training	Physical Education	107
2	Yoga Display	Physical Education	107
3	Yoga Class	Physical Education	111