**DKM COLLEGE FOR WOMEN (AUTONOMOUS) VELLORE**

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**Yoga and Meditation Club of DKMC**

**Report 2019 - 20**

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 Yoga education can prepare the students physically and mentally for the integration of their physical, mental and spiritual qualities, so that they can become healthier and integrated members of the society and of the nation. Yoga education also helps in self discipline and self control leading to immense amount of awareness, concentration and higher level of consciousness. With these aims, we started the Yoga and Meditation club in our college.

 **Objectives of Yoga and Meditation club:**

 To enable the student to have good health.

 To practice mental hygiene.

 To possess emotional stability.

 To integrate moral values.

 To attend higher level of consciousness.

 Yoga education helps to equip oneself with basic knowledge about one’s personality, to learn, to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life.

 Yoga and Meditation club of DKMC was continued for this academic year 2019-20. 172 students from various departments of aided and unaided stream were practiced in this academic year. The classes are conducted from 05.12.2019 to 18.12.19 as 12 days programme - Foundation course by SKY Yoga Azhiyar through Manavalai kalai Mandram trust, Sankaranpalayam, Vellore. After the programme was over, the certificates were distributed to the students.

 From the students feedback, it was understood that this education enhanced them in all their activities both academic as well as is in sports. They also said that they developed better stamina and co-ordination for sports and had awareness and balanced attitude for social activity.

 International Yoga Day was celebrated on 21st June every year. More than 250 students and faculty members participated in this programme.

 Co-ordinator Principal

Committee Members