

- The college runs the runs ‘**Certificate Course in Yoga**’ through the **department of Sports**.

Goals :

- To create awareness among the students to have Physical Health.
- To attain Mental and Spiritual Well being.
- To overcome Social illness and grant a new, positive aim and purpose in life.
- To integrate Moral Values.

Objectives:

- To enable the students to have good health.
- To attain higher level of consciousness.
- To practice mental hygiene.
- Long term health and hygiene.