

YOGA ORIENTATION PROGRAMME - 19th SEP 2023 TO 29th SEP 2023

The Yoga Orientation Programme was initiated as part of our ongoing commitment to promoting holistic well-being among our students. Yoga, with its proven physical and mental health benefits, was selected as a means to introduce our 1st-year students to techniques that can help them manage stress and lead a healthier lifestyle.

The 5-Day Yoga Orientation Programme for 1st-Year Students was a resounding success, promoting physical and mental well-being among our students. We extend our heartfelt gratitude to Anna University for its support and Vedhanthiri Maharishi College for their invaluable expertise and guidance.

20 NSS volunteers were participated. More than 400 students benefited.



