

2015-2016

- After the prayer, whole college meditate in their respective classes for 15 minutes where as they were guided by audio C.D
- Special talk on yoga and importance of meditation were explained to the hostel students in August 2015.
- On 7<sup>th</sup> and 8<sup>th</sup> January 2016 all college students were doing their yoga practices in front of the chapel year wise which was followed by guided twin hearts meditation for peace joy and compassion.



- On 8<sup>th</sup> and 9<sup>th</sup> February 2016 afternoon Mrs Amutha Yoga Trainer Taught Yoga techniques for different ailments to all out going students.

- **Healing club members were trained to heal themselves and others. They do meditate on regular basis both at home and in the college during Fridays.**
- **Interested students learn healing techniques through proper healing class.**

