

## Yoga and Meditation Centre

Today yoga is treated as the buzz word of our life. Other than seeing it as a fashion or as a new life style, it is considered as an unavoidable necessity of life. Looking towards today's busy and stressfull life style, college has initiated an special care approach towards our students by means of introducing the Yoga and Meditation Centre. Through this centre we conduct regular group Yoga classes weekly twice, in the morning. These classes are held under the guidance of our full time law faculty who has also pursued her certification in Yoga and Meditation. Students are given individual attention and tailor-made yoga sequences, which are taught based on their respective goals and needs. Separate classes are held for ladies and gentlemen.

- Monday and Tuesday
- Separate Classes for Ladies and Gents
- Morning: 7.15 – 8 am

Incharge : Dr Swati Shingate, Asst Professor (Law)