



YOGA CENTER & DEPARTMENT OF PHYSICAL EDUCATION DEVA MATHA COLLEGE, KURAVILANGAD

BREATHING EXERCISES & YOGA FOR BEGINNERS

About the Programme

- ❖ Objective of the programme is to help our students and faculty achieve holistic well being during COVID-19 pandemic period
- ❖ Live sessions in the morning 7.00 to 7.30 am from Monday to Friday (24/05/2021 onwards)
- ❖ Qualified trainers.
- ❖ Monitored by the faculty.
- ❖ Open to students, faculty and other Stake holders
- ❖ Interested participants are requested to join the whatsapp group for this programme by clicking on the link given

