

Yoga and Meditation

1st International Yoga Day celebrate on 21st June 2015 as per directed by the central Govt. Of India and Dr. B.A.M. University and M. P. Law College arranged special programme on the occasion of world yoga day. The objective of this programme was to create awareness of yoga and importance of yoga for students and Teacher. The programme was organized on 21st June 2015. The volunteer, students along with teacher and college nonteaching staff are Participated. Our management interested and encourage to started free yoga class. Management and Principal are appointed a yoga teacher Ms. Pramila Avhale for to keep Physical and Mental fitness and increase the concentration of student because of regular particles of yoga same students are participated in Inter College Tournament and have a good result in yoga competition. From girls Hostel four girls selected for all India Inter University tournament.

Values:

We value the practice of yoga for the social, emotional, physical, intellectual and community Health and well-being it supports.

We value individuality, flexibility, commitment and dedication in how we work as a team.

We value the health of the college environment and the health of the environment as a whole.

We value innovation and technology in serving the practice and making it more available.

