

Yoga camp

September 9, 2017

In the practice of Yoga one can emphasize the body, the mind or the self and hence the effort can never be fruitless.”

Being greatly influenced by the concept of Yoga through constant efforts by our honourable Prime Minister Shri. Narendra Modi. NSS electrical in close collaboration with School of Yoga took the noble gesture of organising a Yoga camp for students, keeping in mind that this camp will help the students to get rid of their stress. Dr. Ramdeo Prasad Gupta, MSc, Phd., Aric (lond.). Retd. Univ. professor cum chief scientist, Birsa agricultural university, Ranchi, Senior Yoga trainer graciously accepted our invitation to conduct a yoga camp for students of KiiTuniversity. The camp was conducted in campus 158 chess hall from 7 am. Students poured in to attend the camp and learn ways to keep themselves away from stress and any form of health issues. Dr. Ramdeo taught the students various forms of yoga and healthy habits to help them maintain a good life style and lead a stress free life. A total of 65 students varying from various departments poured in for the camp, thoroughly enjoying the interactive session with Dr Ramdeo sir. The camp lasted for two and half hours. After the camp refreshments were served for the participants. The camp ended with students promising Dr. Ramdeo that they will incorporate yoga in their daily routine as advised by Ramdeo sir.





