

## **Yoga Centre**

The Department of Physical Education is functioning since the inception of the Institute promoting awareness of health and Physical fitness through Sports and Games. It helps the students to acquire skills of various games by offering advanced training and coaching. It also promotes indigenous games of this region. It offers courses in sports, games and yoga to undergraduate and student teachers of this University.

This Yoga Centre is established in the year 2002 in this University as its main aim to promote yogic awareness among its students and staff. Yoga Centre of the Department of Physical Education offers Yoga awareness programmes, Yoga Therapeutical sessions to students and staff of GRI as well to Public. It also offers a Certificate programme in Yoga for a period of three months. This centre promotes yoga awareness among rural youths and villagers. Stress Management through meditation techniques is also offered.

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