

Life skills (Yoga, physical fitness, health and hygiene)

- ❖ To strengthen and keep the mind and body healthy and happy yoga is offered to the students and faculty members. This practice helps in stress management, improving mental power and improving better healthier Life style.
- ❖ Health is the state of completed physical, mental and social awareness. Specialist and counsellors from 'Manomithra Psychiatric Care & Counselling Centre' have interactive sessions with the students, especially girls, about their health issues and counsel them according to their needs. Student health card will update each and every counselling. Students are motivated to participate blood donation camps.
- ❖ The Physical Education department takes care of physical fitness of the students with Gymnasium provided in the college.

