

## **YOGA CLUB-**

The Yoga Club of Dr. C.V.Raman University initiate students and faculty members number to join yoga classes for fitness ,health, improves strength , muscle tone, flexibility, balance, and overall health.

Yoga also brings a sense of well-being and vitality, through its effects on the body's internal organs and systems, improving their functioning. Total relaxation is achieved through practice of the postures.

The most important objectives of Yoga Club is to assign our students and faculty members to reduce stress & anxiety.The Yoga classes also followed by meditation which helps in clearness of thought, and enhancement of creative and intuitive capabilities of an individual.

	<b>Name</b>	<b>Designation</b>	<b>Department</b>
Faculty In charge	Dr. Yuwraj Shrivastava	Asst. Prof.	Department of Physical Education
Member	Ms. Neelam Sahu	Asst. Prof.	Department of IT
Member	Mr. Vijay Yadav	Asst. Prof.	Department of Law
Member	Mr. Amit Kachhwaha	Asst. Prof.	Department of Mechanical