



**Key Indicator - 4.1 Physical Facilities**

- 4.1.1 The Institution has adequate infrastructure and other facilities for**
- a. teaching – learning, viz., classrooms, laboratories, computing equipment etc**
  - b. ICT – enabled facilities such as smart class, LMS etc.**
  - c. Facilities for Cultural and sports activities, yoga centre, games (indoor and outdoor), Gymnasium, auditorium etc.**

**Yoga**

Yoga is an age-old Indian discipline that allows the body and mind to work together. It combines stretches, breathing techniques, and meditation to promote relaxation, rejuvenation, and stress reduction. Yoga is essential for college students' emotional and physical well-being. Through yoga, students can achieve physical and mental well-being and, as a result, succeed academically. Yoga has many advantages for college students. This is not a comprehensive list.





**CRITERION IV**

**YOGA**





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