

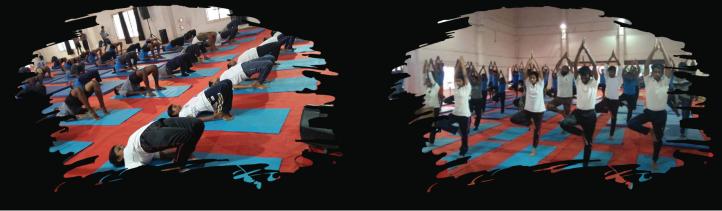
## Sree Sankaracharya University of Sanskrit, Kalady

## YOGA

The Department of Physical Education provides training in Yoga following its principles and with the vision to improve the mental well – being of the person who gets training .

Creates mental clarity and calmness, increase body awareness, relives chronic stress patterns, relaxes the mind, centers attention and sharpens concentration

## Yoga for Harmony and Peace



**Contact Person : Head, Department of Physical Education**