



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**



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