

Practice-1:

1. Title of the practice

Yoga and Fitness Centre

2. Objectives of practice yoga

- Yoga improves posture and enhances the functioning of all body systems like respiratory, digestive, endocrine, reproductive, excretory systems, etc.
- Yoga gives you the capacity to face up life's challenges. When you respect your body, you tend to do things that will enhance its vitality.
- Practicing Yoga ultimately leads towards long-term health and well-being.

3. The Context

One of the main objectives is to help us to understand our own mind, body, Mental clarity and greater self-understanding through meditation. Another major purpose of yoga practice is to let one have their mind and body well energized.

4. The Practice

Before start of the college 40 minutes (8:40am-9:20am) practice of fitness and yoga from Tuesday to Friday regularly in a week.

5. Evidence of success

The physical education department of RBANMs FGC is designed nice and beautiful curriculum according to the need of the student and to give strong foundation for the students. RBANMS College students responded in such a way that, they never turn back and day by day they are getting very good results.