

### **Extension Activities 2017-2018**

As a part of the extension programme of the Department of Physical Education, all the students of our college gave training on yoga including Suriyanamaskaram, Pranayama, Body Loosening Exercises and Asanas to the students of schools in their villages during the odd semester holidays from 13<sup>th</sup> to 30<sup>th</sup> November 2017.