

Yoga a part of life in Global Institutions.

Guru Vidhya, one of the best yoga guru in our nation is at our campus. She learned yoga from many eminent Yoga gurus in India like Swamy Sivanandha ,Krishnamachari'ji, Ravi Shankar'JI..She explained what is Yoga and made each student realize the purpose of doing it .She explained the good effects of daily yoga practice in the life of students. She helped them learn how to bring the mind,breath and body together through Asanas , Pranayama and Meditation. Guru Vidhya has made Yoga a part of life in Global Institutions.

