



VARDHAMAN COLLEGE OF ENGINEERING (AUTONOMOUS)

Shamshabad– 501 218, Hyderabad

Stress Management by Yoga Mudras and Meditation
07.Sept. 2018 to 20. Nov . 2018



To strengthen the personality in both physical and mentally strong enough , the students are supposed to practice Mudras , which helps in improving the concentration power and removing of toxins in their body by different postures of mudras. similarly under stress management, the yoga postures also helps them to get rid of mental tension and relaxing their mind. Vardhaman college of engineering are encouraging the students in such activities to enhance the Human Values and ethics adding to their physical exercises like sports and games.