

Yoga Classes @ CURAJ

23-25 July 2012

Yoga classes were organized for from 23rd to 25th July 2012 between 5 to 7 pm in the courtyard of Academic Block I. Dr. Lara Sharma from Department of Yoga, MDS University, Ajmer was invited to conduct the classes. He trained the students for Shavasan, Shirshasan, Surya namaskar, kapal bharti and anulom-vilom. The yoga classes at a glance are as under:





