The College is intended to harness the tremendous potential of its students to change the world; it encourages students to focus on what they want to learn, to broaden their horizon, and cultivate new understanding in innovative ways. The awesome features of yoga for the College students may be as follows: Yoga’s a barometer for their life; it makes them a better student, they learn how to sit perfect, it provides insta-community, it can be a constant in a time of constant transition, alleviate stress, improves memory and concentration and improved body image.

Yoga has been practiced by people for the last 5,000 years and with this background we, at Sambhram Group, Bangalore decided to resort to all our students the yogic way of life by teaching practical yoga for our Management and Engineering students. Along side, also our mission is to facilitate lead them natural life by learning naturopathy. By choosing to practice yoga, they are taking an active step in bettering themselves.

To fulfill such mission for the students Prof K C Mishra, Principal, Sambhram Academy of Management Studies explored avenues to kick start yoga class for both boys and girls from October 24, 2017. Living no stone unturned to drive such a missionary zeal, Sri Pathanjali Yoga Shikshana Samiti [SPYSS], Karnataka ventured to facilitate conduct class for the above stakeholders. Two active volunteers Ms. Shashikala: Lady Yoga Instructor who practices yoga for the last five years, working in a private company as data analyst interested in Himalayan trekking and landscape photography has volunteered to teach yoga to girl students and Mr. Harish: Men Yoga Instructor, practicing yoga for the last eight years, working in TCS as Cloud Automation Engineer, who learnt how important it is to be a human being and would want to share the happiness, wisdom and experience by practicing yoga and making it a part of his life has consented to teach yoga to boys.

It’s heart touching to see more and more students are showing interest to be a part of this yogic way of life and learn yoga for their holistic health development both mental and physical. As a Higher Education Institution we are able to discharge our academic responsibilities not only imparting
subject knowledge but also teaching life skills for all round development of the students. The torch bearer of this movement Mr. V Nagaraj, Vice Chairman, Sambhram Group of Institutions is always the source of inspiration for all innovative action programs; getting official nod from his office has never been a hindrance for any new experiment says Prof Mishra.