



# MAHAGURU INSTITUTE OF TECHNOLOGY

Affiliated to the APJ Abdul Kalam Technological University, Thiruvananthapuram  
Approved by All India Council for Technical Education, New Delhi  
Accredited by NAAC with B+ Grade

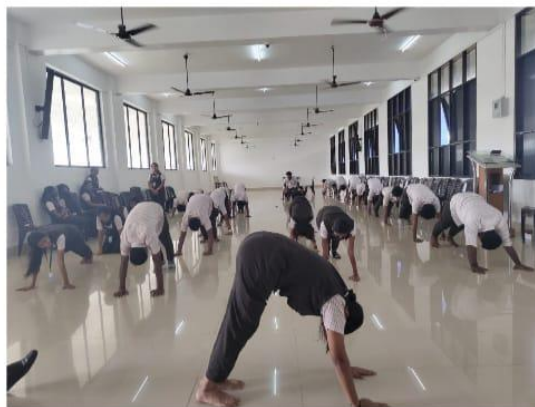
## LIFE SKILL : YOGA AND PHYSICAL FITNESS

### YOGA TRAINING

1. LIFE SKILLS: International Yoga Day is celebrated on 21st June every year. Our faculty member Professor Jibin who is a certified yoga Teacher conducts yoga classes for students and faculty members. Number of students enrolled-22

Year of implementation-2022-23

2023-24



+91 479 2331392, 2331304

[www.mahagurutech.ac.in](http://www.mahagurutech.ac.in)

[office@mahagurutech.ac.in](mailto:office@mahagurutech.ac.in)



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2022-23

Number of students enrolled-49

Conducted On-30/06/22



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## FITNESS TRAINING



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