

YOGA AWARENESS SIDDHA CAMP  
AT P.T.LEE CHENGALVARAYA  
NAIKER POLYTECHNIC COLLEGE  
MARCH-05,2026



A Yoga camp is conducted to promote physical and Mental well-being through systematic yoga practices .It includes guided sessions of Asanas, Pranayamam, meditation and relaxation techniques.



Loosening exercises were Actively performed by the students as a preparatory Practice before yoga sessions



Balasana and Vajrasana were  
Actively performed by the  
students at yoga sessions



Students actively engaged in  
Pranayamam and meditation  
Practices during the yoga  
Camp sessions