



KALIMPONG COLLEGE

27.05°N
88.46°E
1248 M



(Govt. Aided)

ACCREDITED BY NAAC WITH GRADE 'B++' (CYCLE 2)

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Weekly Yoga practice for Students and Staff



Yoga in recent times has proved to be an effective method to manage stress, relieve different bodily pains, and improve flexibility and postures much more.


Considering the immense benefits of Yoga, Kalimpong College has organized Yoga Classes from the 6th of May, 2023 for students as well as the teachers. Organized by Mrs. Priyanka Thapa, the Yoga Class has been able to generate great response from both parties.

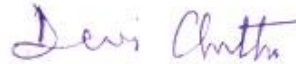


More than 50 students and about 20 teachers have been actively utilizing this opportunity. The best part about this initiative is that it is completely free of cost and is fully funded by the College. With a motive of ensuring better health and wellbeing amongst both students and teachers, the Yoga Class is expected to garner more interests amongst students in the near future.

Apart from it being a great initiative to improve health and well-being, it also proves to be an important extracurricular activity. Students often go through stress and are tired due to daily academic activities and hence Yoga Class is aimed at mitigating those issues and providing an overall balance for the students.

To conclude, the teachers and the instructors are expecting that more students avail this wonderful opportunity that is completely free of cost.


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