



SANSKRITHI SCHOOL OF BUSINESS

Approved by AICTE, New Delhi. Affiliated to JNTUA, Anantapur.
Beedupalli Road, Prasanthigram, Puttaparthi, Sri Sathya Sai District – 515 134.

DETAILS OF YOGA

Sanskriti School of Business recognizes the importance of yoga for the holistic well-being of its students and promotes the practice of yoga as part of its curriculum. The school goes the extra mile to provide special training and facilities dedicated to yoga.

A specially designed yoga hall is available on campus, equipped with mats, props, and a serene ambiance, creating an ideal environment for students to practice yoga. The hall is spacious and conducive to conducting yoga sessions, ensuring students have ample space to move and perform various asanas comfortably. To enhance students' yoga skills and knowledge, the school arranges special training sessions conducted by certified yoga instructors. These experts guide students through different yoga techniques, breathing exercises, and meditation practices, helping them develop physical strength, flexibility, mental clarity, and emotional balance.

Sanskriti School of Business actively celebrates International Yoga Day, a global initiative dedicated to promoting the practice of yoga. On this day, the school organizes special events and workshops, inviting renowned yoga practitioners and conducting mass yoga sessions for students and faculty members. This celebration not only highlights the significance of yoga but also fosters a sense of community and shared well-being among participants.

By prioritizing yoga and providing dedicated resources, Sanskriti School of Business ensures that students have the opportunity to experience the numerous benefits of this ancient practice. Whether it's promoting physical fitness, reducing stress, enhancing concentration, or fostering a positive mindset, yoga plays a pivotal role in nurturing the overall growth and development of students at the institution.



Dr. Balakrishna
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YOGA DAY CELEBRATION 2022



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