



St. Clare College

AUTONOMOUS | BENGALURU

Accredited with A+ Grade by NAAC | Affiliated to Bangalore University | AICTE Approved

NURTURING VALUES AND EXCELLENCE

DEPARTMENT OF PSYCHOLOGY

ORGANISES

YOGA & PRANAYAMA- An Experiential learning session



Date : 07.10.2026

Time: 9:00 AM- 10:00 AM

Venue: APJ Abdul Kalam Auditorium

Target Audience: I & II MSc Psychology Students

Event Coordinator
Ms. Vaishnavi .V

Mr. Raghavendra V.
Yoga therapist,
Movement Therapist,
National Yoga competitor