

Watch the video of a Yoga Demo by members of Brahma Vidya Yoga Club!



As part of the activities conducted in connection with the observance of the ninth death anniversary of the founder Executive Director of VICT late Er K R Brahmadathan, the Brahma Vidya Yoga Club had presented a Yoga demonstration in the College Auditorium on 17 September 2019. The Editorial Team of *News & Events* has now obtained access to a video recording of the demonstration, and the Team is happy to make the video available to all the readers of these pages.

Video of the Yoga Demo