

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



KRIPA YOGA STUDIO



A space for healing, mindfulness, and inner strength
through the practice of yoga.

OUR PHILOSOPHY

At Kripa, yoga is more than movement—it
is a way of life. Mindful breathing Gentle
yet powerful asanas

Inner awareness & self-care, Balance
between body and mind

OUR VISION

To create a peaceful space that promotes holistic
well-being through yoga, mindfulness, and self-
awareness

OUR MISSION

To empower individuals to achieve balance, inner
strength, and wellness through regular yoga practice

OUR OBJECTIVES

Promote physical and mental well-
being.

Develop mindfulness and self-
awareness by Build healthy and
positive lifestyle habits.

Improve flexibility, strength, and
balance.



Coordinator
Ms. Synora Picardo

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN



KRIPA YOGA STUDIO



NIKITA BISHT
F.Y.B.SC
President



SALONI
S.Y.B.COM
Vice President



RANIACAMARA
T.Y.B.COM
Secretary

