**Daily prayer session in B.Ed.**

Prayer session , a regular practice in our college , commences with chanting ‘OM’ and followed by some pranayama and some light yoga. The session is not rigid rather opens area where students project their innovative and creative ways to conduct the session. The students of both years are divided in groups of ten who conduct the session turn by turn. The session ,generally consists of thoughts, fables, motivational incidents of great people, national-international news, class news(which is enjoyed a lot by all), prayer and patriotic song etc. Students say, beginning of the day with such a prayer assembly, helps them to co-ordinate through all other college activities happily throughout the day.

