



Y.A. GOVERNMENT COLLEGE FOR WOMEN

Chirala, Bapatla- District:523155

(NAAC Accredited "B⁺⁺" Grade institution)

Affiliated to Andhra Kesari University

chirala.jkc@gmail.com

Department of Political science

NAAC Best Practice Report

Yoga for Holistic Student Development

1. Title of the Practice

Enhancing Student Well-being through Regular Yoga Practice

2. Name of the Institution

Y.A Government Degree College for Women, Chirala, Bapatla District

3. Objectives of the Practice

- To improve physical and mental health of students
- To reduce stress and anxiety among students
- To promote discipline, concentration, and emotional balance
- To encourage participation in wellness and fitness activities

4. The Context

In the present academic environment, students face increasing levels of stress and health-related issues due to sedentary lifestyles. Recognizing the importance of holistic development, the institution introduced yoga sessions.

5. The Practice

The institution organizes regular yoga sessions in the college auditorium.

- Around 100 students actively participated in the yoga program
- Sessions were conducted under the guidance of trained instructors and faculty members
- Activities included Yoga Asanas, Pranayama, and Meditation
- Faculty members also participated, motivating students

6. Evidence of Success

- Participation of 100 students indicates strong engagement
- Positive feedback from students on stress reduction and improved focus
- Increased awareness of physical fitness and mental well-being
- Improved discipline and attentiveness among students

7. Problems Encountered and Resources Required

Problems:

- Limited space for accommodating large groups
- Initial lack of awareness among students

Resources Required:

- Yoga mats and basic infrastructure
- Trained yoga instructors
- Proper scheduling within the timetable

8. Notes

- The institution plans to continue yoga as a regular activity
- Future plans include workshops and certification programs
- Scope for collaboration with yoga training institutes

9. CERTIFICATE DISTRIBUTION:

.Vethathri Maharshi Institute for Spiritual and Intuition Education conducted Yoga for Youth

Empowerment as prescribed course from 19-02-2026 to 28-02-2026 .

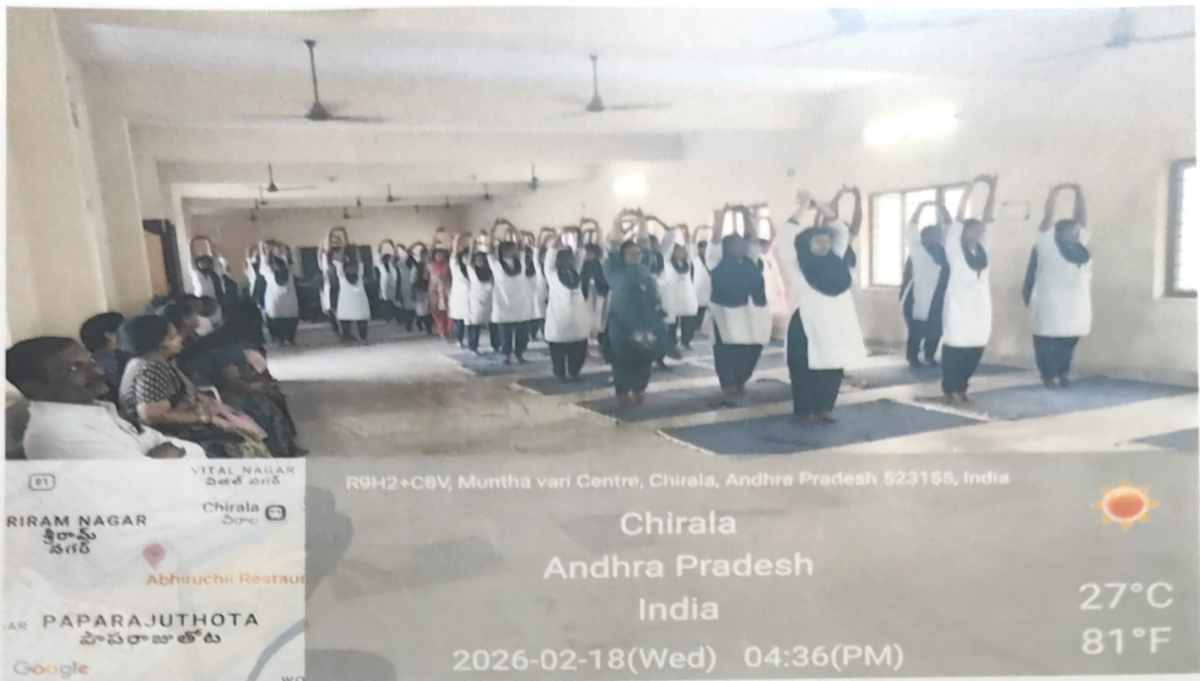
Department of Political Science organized the course from 19-02-2026 and 28-02-2026 and engaged students to participate in the course with regular attendance .

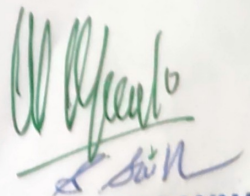
Head of Political Science also participated in the course and got Certificate .



S. Sai Prasanna
S. Sai

S. SAI PRASANNA
Dept. of Political Science
Y.A. Govt. Degree College for Women
CHIRALA - 523 155.




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W. G. G. G.
S. Sai Prasanna
S. SAI PRASANNA
Dept. of Political Science
Y.A. Govt. Degree College for Women
CHIRALA - 523 155.

Vazhga Vaiyagam



Vazhga Valamudan

Vethathiri Maharishi Institute for Spiritual and Intuition Education

Educational Wing of WCSC

Aliyar - 642 101.

Yoga for Youth Empowerment

This is to certify that B. Rama

has successfully completed the prescribed courses of study conducted

during the period from 19/02/2026 to 28/02/2026

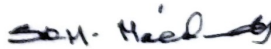
for the **Foundation Course** in Yoga for Youth Empowerment.

Be Blessed by the Divine Power



Date : 28/02/2026


DIRECTOR
VISION-Admin


PRESIDENT
WCSC



Vethathiri Maharishi Institute for Spiritual and Intuition Education

Educational Wing of WCSC

Aliyar - 642 101.

Yoga for Youth Empowerment

This is to certify that V. Brahmini

has successfully completed the prescribed courses of study conducted
during the period from 19/02/26 to 28/02/26

for the **Foundation Course** in Yoga for Youth Empowerment.

Be Blessed by the Divine Power



Date : 28/02/26

DIRECTOR
VISION-Admin

PRESIDENT
WCSC

Vazhga Vaiyagam



Vazhga Valamudan

Vethathiri Maharishi Institute for Spiritual and Intuitional Education

Educational Wing of WCSC

Aliyar - 642 101.

Yoga for Youth Empowerment

This is to certify that ch. Avila

has successfully completed the prescribed courses of study conducted
during the period from 19/02/2026 to 28/02/2026

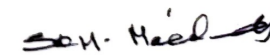
for the **Foundation Course** in Yoga for Youth Empowerment.

Be Blessed by the Divine Power



Date : 28/02/2026


DIRECTOR
VISION-Admin


PRESIDENT
WCSC

Vazhga Vaiyagam



Vazhga Valamudan

Vethathiri Maharishi Institute for Spiritual and Intuition Education

Educational Wing of WCSC

Aliyar - 642 101.

Yoga for Youth Empowerment

This is to certify that S. Sai Prasanna

has successfully completed the prescribed courses of study conducted
during the period from 19/02/2026 to 28/02/2026

for the **Foundation Course** in Yoga for Youth Empowerment.

Be Blessed by the Divine Power



Date : 28/02/2026

DIRECTOR
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PRESIDENT
WCSC