



Y.A. Government College for Women

Chirala - 523155, A.P.

Re-accredited with 'B' grade by NAAC(Cyc-2)

<https://yagcwchirala.ac.in>

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Dr. Ch.Ramanamma
Principal
M.Sc.,M.Phil.,Ph.D

YOGA

21.01.2019

Objectives:

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.

REPORT

Yoga education can be a supplement in college education. Yoga will help you lead a life with a deeper connection to your own body as become healthier, saner and more integrated members of the society and of the nation. well as nature and the universe, benefiting in more ways than one by improving your stamina, immunity, strength, flexibility, and focus strong. Dr. CH. Ramanamma is acted as a trainer to this programme.

Outcomes:

1. Physical Health of Trainees Has Improved
2. Mental stamina and stress management of aspirants enhanced.
3. Discipline in the daily activities regarding academic and domestic has been grown.
4. Spiritual thinking has been streamlined.

No. of students participated: 40

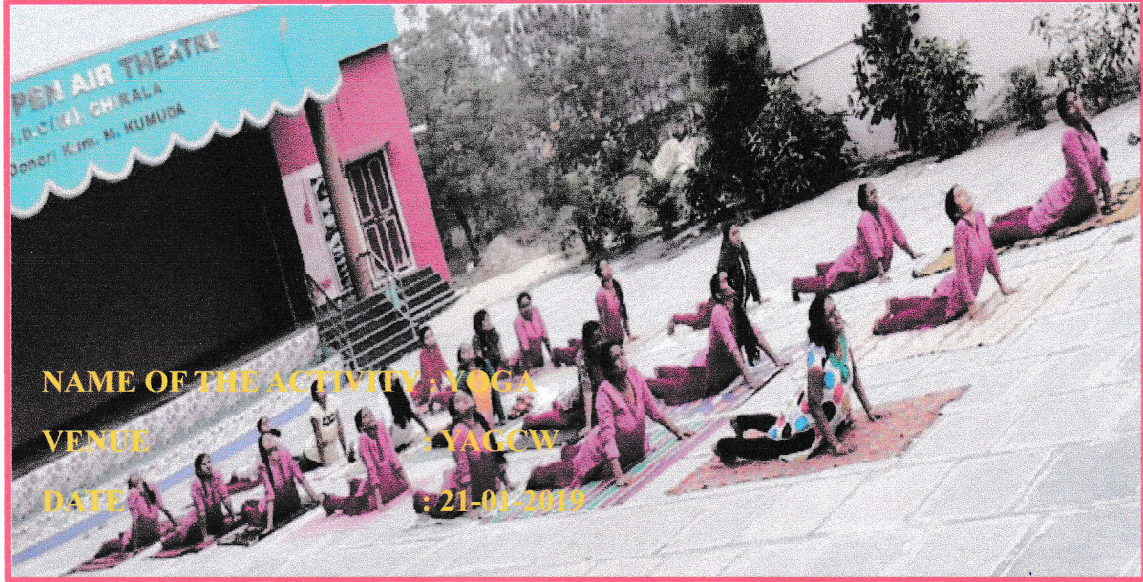


Ch. R. Ramanamma

Principal

Y.A. Govt. Degree College for Women
CHIRALA, Praksam Dist., (A.P.)

YOGA



Resource Person: Dr.CH.Ramanamma



Principal
I.A. Govt. Degree College for Women
CHIRALA, Praksam Dist., (A.P.)