



**Y.A. Government College for Women
Chirala - 523155, A.P.**

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

<https://yagcwchirala.ac.in>

chirala.jkc@gmail.com

gdcwchirala@gmail.com



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

INTERNATIONAL YOGA DAY

21.06.2019

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. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual facilities so that the students can become healthier, saner and more integrated members of the society and of the nation. So many diseases and health problems can be improved when one practices yoga which consists of various Asanas or postures and breathing exercises as well which is called Pranayama. Dr. V. Vidhya Sagar, Physical Director is a trainer of the 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: 45



Ch. R. Ramanamma
21/6/2019

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

International Yoga Day



NAME OF THE ACTIVITY : International YOGA DAY

VENUE : YAGCW

DATE : 21-06-2019

Resource Person: Dr.V.Vidhya Sagar ,Physical Director



Principal
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CHIRALA, Prakasam Dist., (A.P.)