



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

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

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

## YOGA

10.07.2017

### Objectives:

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

### Outcomes:

1. Physical Health of Trainees was 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.

### REPORT

Yoga education can be a supplement in college education. It can prepare the students physically and mentally strong. Yoga is mentioned in our Hindu scriptures like Rigveda, Upanishads, and Yoga Sutras of Patanjali which was developed eons ago for the mental and physical well-being of the human body.

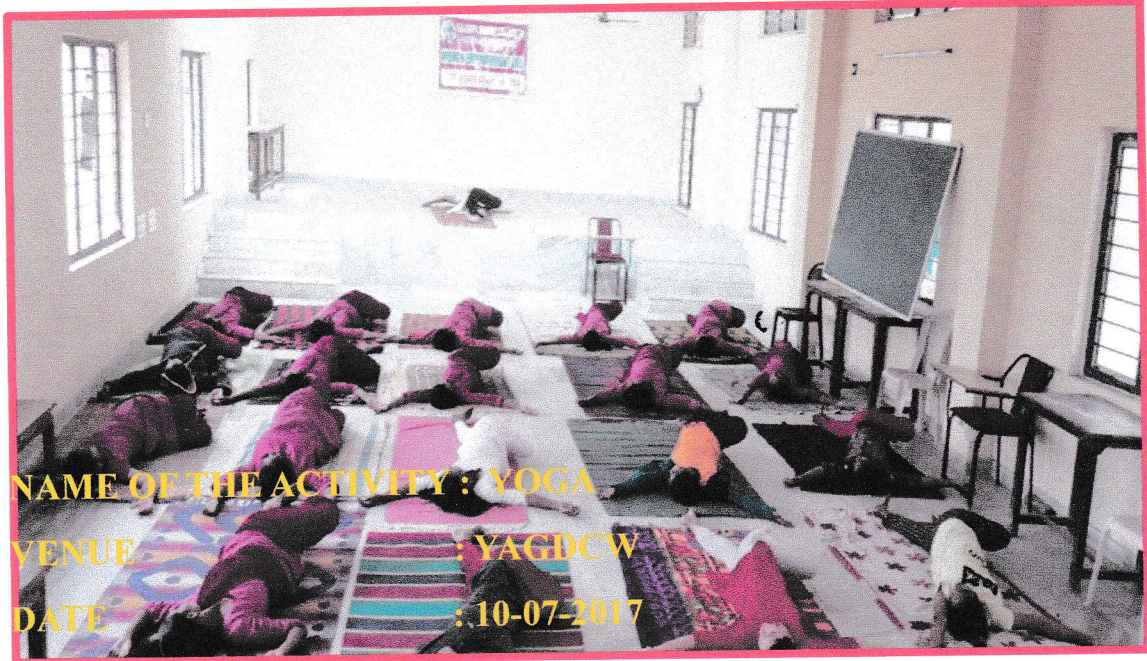
Yoga is an age-old practice it is still relevant and today most of the them lead a life in peace and a stress-free manner. Due to its popularity and recognition, June 21 is celebrated as International Day of Yoga where people gather and practice Yoga will not only help you keep fit but also help you lead a better and healthy life. So, many diseases and health conditions can be improved when one practices yoga which consists of various Asanas or postures and breathing exercises as well which is called Pranayama. It 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. for the integration of their physical, mental and spiritual faculties. Dr. Ch. Ramanamma is acted as a trainer of the yoga camp.

**No. of students participated: 30**



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

YOGA



NAME OF THE ACTIVITY : YOGA

VENUE : YAGDCW

DATE : 10-07-2017

*Resource person: Dr.CH.RAMANAMMA.*



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