



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

02.02.2022

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 faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga as a practice offers numerous benefits for physical and mental health, development and healing. Yoga works wonders in reducing joint pain, and muscle or back pain.

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.

No. of students participated: 50



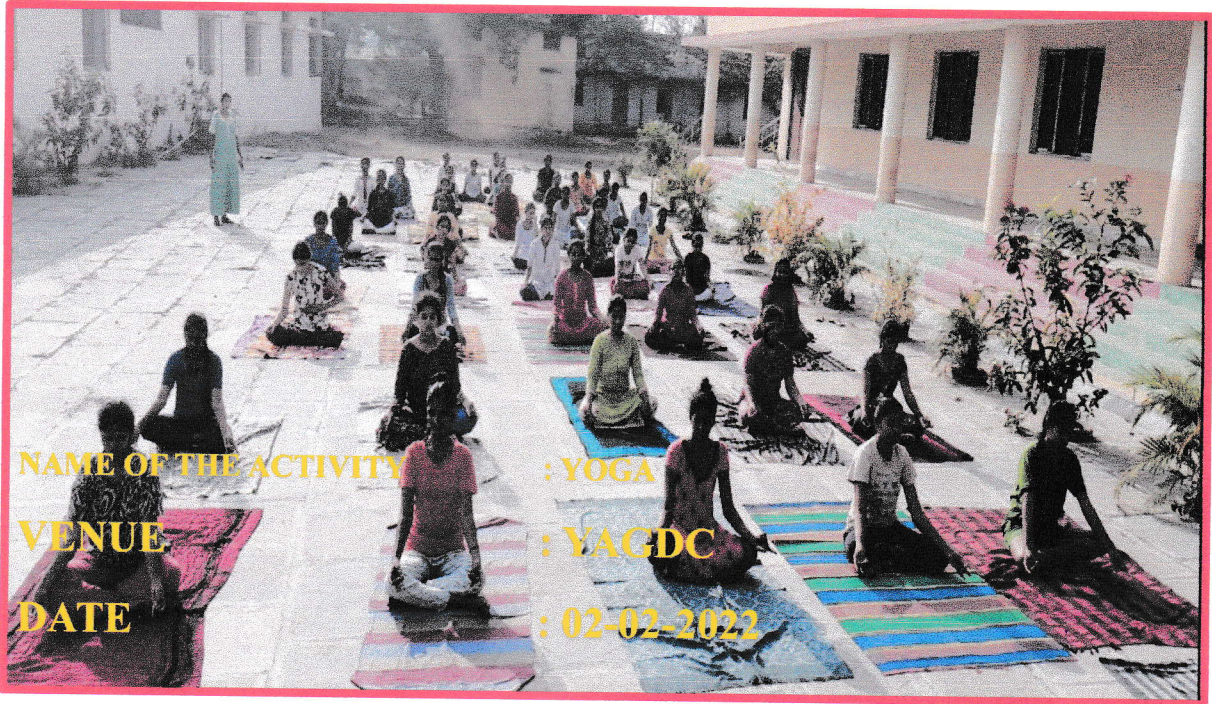
Ch. R. Ramanamma
2/2/22

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

The Photographs of the above programme.

TITLE & PHOTOS:


YOGA



NAME OF THE ACTIVITY : YOGA
VENUE : YAGDC
DATE : 02-02-2022

Resource Person :Dr. CH. RAMANAMMA




Principal
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