



# S.A.S GOVERNMENT DEGREE COLLEGE

NARAYANAPURAM

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NRPM – National Service Scheme



## YOGA DAY

ACTIVITY REPORT FOR THE ACADEMIC YEAR 2018-19

S.NO	PARTICULARS	DETAILS OF THE EVENT
1	OCCASION/ CONTEXT OF THE ACTIVITY	Yoga Day
2	TITLE OF THE ACTIVITY	Awareness program on yoga
3	DATE ON WHICH ACTIVITY WAS CONDUCTED	21-6-2018
4	NAME OF THE CO-ORDINATOR	y. Radha Krishna
5	N.S.S. UNIT NO.	UNIT-1
6	LOCATION/PLACE WHERE THE ACTIVITY WAS CONDUCTED	SAS-GDC – Narayanapuram
7	NO. OF PARTICIPANTS FROM STUDENTS (COURSE/CLASS/GROUP)	50
8	NO. OF PARTICIPANTS FROM THE STAFF	10
9	NAME OF THE ORGANISATION WHICH SPONSORED THE ACTIVITY	SAS-GDC – Narayanapuram NSS – UNIT
10	NAME, DESIGNATION & ADDRESS OF THE EXPERT / RESOURCE PERSON/CHIEFGUEST /SPECIAL GUEST PARTICIPATED	Principal – SAS – GDC Narayanapuram y. Radha Krishna
11	OBJECTIVE(S) OF THE ACTIVITY	<ul style="list-style-type: none"> <li>1) To practice mental hygiene</li> <li>2) To process emotional stability</li> <li>3) To increase productivity in life</li> <li>4) To attain higher level of consequences</li> </ul>
12	OUTCOME(S) OF THE ACTIVITY	<ul style="list-style-type: none"> <li>1) Yoga helps with back pain relief</li> <li>2) Yoga benefits heart health</li> <li>3) Yoga helps to manage stress</li> </ul>
13	WHETHER THE ACTIVITY WAS PUBLISHED IN THE NEWS PAPER	-
14	IF YES, ARE THE NEWS PAPER CLIPPINGS AVAILABLE?	-
15	IS PHOTO GALLERY AVAILABLE?	Yes



Signature of the P.O.

Programme Officer  
N.S.S. Unit, S.A.S. Govt. College  
NARAYANAPURAM  
Tadepalligudem Taluk W.G.D.



Signature of the Principal

PRINCIPAL  
S.A.S. Govt. Degree College  
NARAYANAPURAM, Fluru Dist.  
PIN - 534 407

## Awareness Program on Yoga

- **What is Yoga:** Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago.
- **Introduction:** Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body.
- **Benefits:**
  - To practice mental hygiene
  - To process emotional stability
  - To increase productivity in life
  - To attain high level of consequences
- **Importance of Yoga:**
  - Yoga improves strength, and stamina, tones muscles, builds immunity and teaches one how to live a Yogic life.
  - 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.

