Year: 2017-2018



# **GOVERNMENT COLLEGE (A): ANANTAPURAMU**

### (AUTONOMOUS)



# Re-ACCREDITED WITH A GRADE 3<sup>rd</sup> CYCLE BY NAAC



## Name of the Department: STATISTICS

Name of the activity: Yoga

Venue: Dept. of Statistics

Date: 21.6.2017

No. of students participated: 20

#### **Summary:**DO YOGA FOR A BETTER LIFE:

Yoga improves flexibility, controls stress relief, improves mental health, reduce inflammation, reduce anxiety ,boost immunity. Only one medicine for all the diseases is doing yoga for 30 minutes a day. In yoga pranayamas are most important one for our body. It will improves our body in a proper condition. In the present generation everything can be polluted so if we eat it automatically we will became sick and die within very stipulated time but by doing yoga you will survive better than the actual person in the present generation.





Signature of the In-charge

Signature of the Principal



































మానవార్తని చక్కవుడుల నుండి కాపాడండి. & RM SN EMPIRES NONIN Montesentation G.A.C.NS.11



















