

Year : 2018-2019



**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: 21.6.2018

No. of staff members participated: 1

I.V.Rohini Kumari

No. of students participated: 45

**Summary:** Each college semester requires a high level of concentration, and our anxiety levels rise when we try to meet the expectations of deadlines and good grades. Practicing regular yoga reduces stress and promotes relaxation. Practicing yoga encourages a positive mental attitude and enforces stress management.

Yoga and meditation are techniques used to teach deep concentration. Practicing this skill set is an asset for students who are required to read, write, and to perform exams.



Signature of the In-charge



# GOVERNMENT COLLEGE (A): ANANTAPURAMU (AUTONOMOUS)



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

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Name of the activity: Yoga

Venue: Dept. of Statistics

Date: 21.6.2019

No. of staff members participated:

1.V.Rohini kumari

2.R.Iqbal Basha

3. G. Mounika

No. of students participated: 20

**Summary:** Each college semester requires a high level of concentration, and our anxiety levels rise when we try to meet the expectations of deadlines and good grades. Practicing regular yoga reduces stress and promotes relaxation. Practicing yoga encourages a positive mental attitude and enforces stress management.

Yoga and meditation are technique used to teach deep concentration. Practicing this skill set is an asset for students who are required to read, write, and to perform exams.



Signature of the In-charge

Signature of the Principal































