

SUBHARAM GOVT DEGREE COLLEGE, PUNGANUR

BENEFITS OF YOGA

13.06.2022

CIRCULAR

12.06.2022

All the teaching staff and students are hereby informed that the Dept. of Physical Education is going to organize a programme on YOGA BENEFITS on 13/06/2022 in seminar hall at 12.00 P.M. Hence all are requested to attend the programme and make it a grand success.

Y. Rajasekar
PRINCIPAL
S.R. Govt. Degree College
PUNGANUR - 517 247
Chittoor District

Principal

OBJECTIVES OF THE PROGRAMME:

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

REPORT OF THE PROGRAMME:

To create awareness on Yoga a special programme was conducted in the seminar hall of the college on 12.06.2022 at 10.00 AM. The meeting was presided over by the Principal. The staff and students took part in it. The Principal and the teachers talked about the importance of Yoga and health. Then Sri Ram Kumar, faculty of Physical Education explained the background and importance of Yoga. Then he gave demonstration of few yogasanas that can be practiced in our daily life. The teachers and students learnt a few asanas and pledged to practice them at home daily. Then vote of thanks was proposed by P Bhargav II B Com CA. The programme ended on a satisfactory note with national anthem.

Outcomes of the programme: Students learned that

- Yoga reduces stress and lowers blood pressure.
- Yoga helps to make healthier life choices.
- Yoga increases your flexibility, build strength

PHOTOS OF THE PROGRAMME



Feedback from the Students

Event: **YOGA BENEFITS**

Date: 13-06-2022

Yoga benefits

- * increased flexibility
- * increased muscle strength & tone
- * improved respiration, energy & vitality
- * weight reduction
- * cardio & circulatory health.

S. Aranya

ಯೋಗವು ಸಮಗ್ರವಾದ ದೇಹ ಅಭಿವೃದ್ಧಿ. ಯೋಗವು ಶಿಶುಗಳಿಗೆ
ಪ್ರಾಣವಾಯು ಮತ್ತು ಅಪ್ಪಳಿಸುವಿಕೆ. ವಾತವು ತಗ್ಗಿಸಿ,
ಕ್ಷುಧಿಸಿ, ಬಲಿಸುತ್ತದೆ.

m. Jayalalitha

ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ. ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ
ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ. ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ
ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ.

S. Chakraborty

- * increased muscle strength & tone
- * ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ, (ಪ್ರಾಣವಾಯು ಮತ್ತು ಅಪ್ಪಳಿಸುವಿಕೆ)
ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ.
- * ಯೋಗವು ದೇಹವನ್ನು ಶುದ್ಧಗೊಳಿಸುತ್ತದೆ.

m. Kusuma

PRINCIPAL
S.R. Govt. Degree College
PUNGANUR-517247
Chittoor District

ATTENDANCE REPORT

Date: 13-06-2022

Event: **YOGA BENEFITS**

S.No	Name of the Student/Participant	Group/Address	Signature of the Student/Participant
1	S. Akhmad valli	III rd B.COM (CA)	S. Akhmad valli
2	V. Amarnath	IT B.COM (CA)	V Amarnath
3	S. Anil Kumar	I D.COM (CA)	S. Anil Kumar
4	S. Aspaan	II BSC C	S. Aspaan
5	S. Arshiya	I BSC	S. Arshiya
6	C. Babajen	III B.COM (CA)	S. Babajan
7	V. Bhanu Prasad	I D.COM (CA)	V. Bhanu Prasad
8	V. Bhanu Prasad	II B.COM (CA)	V. Bhanu Prasad
9	M. Bhargav	I B.COM (CA)	M. Bhargav
10	K. Chandakya	III B.COM (CA)	Chandru
11	P. Bharani	I B.COM (CA)	Dharaani
12	G. Dilli Kumar	II BSC	Dilli Kumar
13	B. Divakar	II B.COM (CA)	Divakaran
14	S. Ganesh	II B.COM (CA)	Ganagaraju
15	T. Gangaraju	I B.COM (CA)	Gayathri
16	T. Gayathri	III B.COM (CA)	Gayathri
17	S. Harendra	I BSC	Harendra
18	M. Pooja	II BSC	Pooja
19	S. Shahista	I B.COM (CA)	Shahista
20	S. Arshiya	II B.COM (CA)	Arshiya
21	M. Kusuma	III B.COM (CA)	Kusuma
22	S. Pravan	I D.COM (CA)	Pravan
23	S. Prekanth	II D.COM (CA)	Sreekanth
24	S. Kadiripathi	III B.COM (CA)	Kadiripathi
25	M. Venu	I D.COM (CA)	Venu
26	S. Suhel	II B.COM (CA)	Chandru
27	S. Chandru	III B.COM (CA)	Suhel
28	G. Rageshendra	I B.COM (CA)	Rageshendra
29	S. Santhosh	II B.COM (CA)	Santhosh
30	S. Abhyan	II BA	Saisisla
31	M. Sriha	II BA	Saisiha
32	M. Gayathri	I BA	Gayathri
33	S. Sai Tekha	II D.COM	Paavan Kumar
34	T. Pavan Kumar	III B.COM (CA)	Paavan Kumar
35	T. Nagesh Kumar	III B.COM (CA)	Nagesh Kumar
36	P. Paavan Kumar	I B.COM (CA)	Paavan Kumar
37	V. Harish	I B.COM (CA)	Harish
38	S. Harish	II B.COM (CA)	Harish
39	S. Harish	II B.COM (CA)	Harish
40	S. Tranan	II B.COM (CA)	Tranan
41	S. Mubrak. Pasha	II B.COM (CA)	Mubrak Pasha
42	S. Mujahed	II B.COM (CA)	Mujahed
43	T. Kesava	II B.COM (CA)	Kesava