

Activity Report

S. No.	Content	Details
1	Name of the Programme	Importance of Yoga & Meditation
2	Date & Time	19-11-2022.
3	Conducted by	Dept. of .Physical Education
4	No. of Students attended	57
5	Chairperson	Dr. K.Srinivasa Rao, Principal
6	Chief Guest	Dr. K.Srinivasa Rao, Principal
7	Program Convener	Dr. A. Krishna Veni

IMPORTANCE OF YOGA & MEDITATION

The practice of Yoga uses 'asanas' or various physical poses to achieve a divine connection with the universe. Some people refer yoga as a moving meditation, where you calm your mind. Yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. This process helps and improves health, Strength, balance and flexibility, gives relaxation. Meditation is the breath work, it balances the nervous system because it trains the mind remain calm even in stressful situations.

PHOTOGRAPHS

