



YOGA PRACTICE REPORT
DEPARTMENT OF ECONOMICS
SGA GDC YELLAMANCHILI

Programme Report:

Department of Economics and History organised Yoga Programme every fourth or third Saturday of the Month. All the BA students actively participated and improve their physical and Mental Health. Our Principal Dr. Chandrasekhar addressed in the inaugural session of the yoga programme, he emphasised the importance Yoga in daily life. Dr. B.V.Ramana Hod dept. of Economics acted as a Resource Person and G. Chiranjeevi Lecturer in Economics and Dr.G. Kiran Kumar Hod Dept. of History acted as Organising convenors of this programme.

Yoga is a physical, mental, and spiritual practice that originated in ancient India over 5,000 years ago. The word "yoga" comes from the Sanskrit root "yuj" meaning "to unite" or "to join." Yoga aims to unite the body, mind, and spirit, promoting overall health, well-being, and self-awareness.

Importance of Yoga for Degree Students

1. Reduces stress and anxiety: Yoga helps degree students manage stress and anxiety related to academic pressures, exams, and assignments.
2. Improves concentration and focus: Yoga improves concentration, memory, and cognitive function, helping students stay focused and attentive during lectures and study sessions.
3. Enhances physical health: Yoga improves flexibility, balance, strength, and posture, helping students maintain physical health and well-being despite a sedentary lifestyle.
4. Boosts mood and energy: Yoga releases endorphins, which help improve mood, reduce fatigue, and increase energy levels.



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5. Develops self-awareness and self-discipline: Yoga helps students develop self-awareness, self-discipline, and self-motivation, essential qualities for academic success and personal growth.
6. Improves time management and productivity: Yoga helps students prioritize tasks, manage time effectively, and stay productive despite multiple responsibilities and deadlines.
7. Supports mental health: Yoga provides a healthy coping mechanism for students dealing with mental health issues such as depression, anxiety, and burnout.

How Degree Students Can Incorporate Yoga into Their Lives

1. Join a yoga class or workshop: Many universities and colleges offer yoga classes or workshops specifically designed for students.
2. Practice yoga online: There are numerous online yoga resources, including videos, tutorials, and guided meditations.
3. Download a yoga app: Yoga apps like Down Dog, Yoga Studio, and Pocket Yoga offer classes, tutorials, and customizable practices.
4. Start a yoga club or group: Students can start a yoga club or group to practice yoga together, share resources, and support one another.

OUT COME OF THE PROGRAMME:

Yoga is a valuable practice that offers numerous benefits for degree students. Our students improved their physical and mental health, and self-discipline, and enhanced their academic performance.



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Photo gallery of Yoga practiced On 15-02-2025

