

**NTR GOVT DEGREE COLLEGE FOR WOMEN**  
 (Accredited by NAAC With 'B' Grade)  
**MAHABUBNAGAR - T.S**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**YOGA & MEDITATION**  
**LIVE CLASSES IN**  
**GAMES & SPORTS ROOM**  
**AT 9:00 AM TO 10:00 AM**

**R. SRIKANTH**  
**YOGA TRAINER**

**Sri. Gangadhar Sripada**  
**Principal (FAC)**

**STARTS FROM 25-04-2023 TO 27-04-2023**

# **YOGA & MEDITATION LIVE CLASSES**

**Start: April 25, 2023 -9:00**  
**End: April 27, 2023 -10:00**

## **1<sup>ST</sup> DAY: (April 25, 2023)**

The NTR Govt. Degree College for Women's Games and Sports incharges April 25, 2023 year to conduct certain activities that would ensure development of their wholesome personalities for students that's why Physical education department organized a live classes on Yoga and meditation in the college premises in the presence of Principal(FAC) Shri. Gangadhar Sripada, Vice Principal Amena muntaz jahan, and IQAC Coordinator Dr.T.Vijayalaxmi.

The session began with welcome of all by the coordinator followed by the informative speech about yoga & meditation which went as follows:

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'Yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. It has been a practice of our institution to give importance to Yoga and meditation as it gives several benefits to the one who is a regular practitioner.

## Meditation:

Benefits of meditation. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming.





## 2<sup>nd</sup> DAY: (April 26, 2023)

### One round of Surya Namaskar: (in twelve counts)

It's a way to honor the sun god who is considered a source of energy and vitality. Surya Namaskar helps improve flexibility, strength, and overall fitness. It can also enhance mental focus and reduce stress. Regular practice of it can help increase physical and mental balance.

## **Purna Bhujangasana:**

Purna Bhunjangasana or Full Cobra Pose aims to keep the spine supple and healthy. On a pranic level, this asana has a strong effect on all the organs related to swadhisthana, manipura, anahata and vishuddhi chakras.

## **Eka Pada Sirsasana:**

This pose isn't so much about putting your foot behind your head as it is about opening up your hips. Opening your hips helps you release physical and emotional tension. Eka Pada Sirsasana also strengthens your neck, allowing energy to surge into your body and give you clarity of thought.

## **Ardha badha padmottanasana:**

It helps improve flexibility and body strength. This asana helps to strengthen and tone your leg muscles. It helps relieve stiffness in your hips and knees. It opens up the muscles of your chest and shoulders and improves the functioning of your respiratory system.







## 3<sup>rd</sup> DAY: (April 27, 2023)

### Natarajasana:

Natarajasana pose may help to stretch the legs, knees, ankles, chest, neck, abdomen, and hips in one go. As we stand on one leg, the bones and muscles of the legs may get stronger as they carry the weight of the entire body. Natarajasana pose may develop more flexibility in your hamstrings, spine and shoulders.

## **Vishwamitrasana:**

An advanced arm balance pose that stretches the hamstrings and inner thighs and tones the muscles of the arms and legs. This pose is named after the Sage Vishwamitra who was originally a Kshatriya and then became the successful rishi after gone through rigorous yogic austerities.

## **Sukhasana:**

Along with benefits for the body and mind, Sukhasana allows the flow of blood toward the lower abdomen. This results in better digestion. The yoga position also reduces gas-related issues and other indigestion problems. Performing the Sukhasana yoga pose helps in stretching the ankles and knees.






The session was attended by students amongst whom were Teaching and Non Teaching staff. All enthusiastically participated & looked keen to learn various techniques taught by Yoga Trainer Mr. R. Srikanth. The session was successful one which displayed a great spirit of learning by staff members and students alike. The session ended by a formal vote of thanks delivered by the Incharge of Games & Sports Department Sri.B.Madhusudhan.



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## Mahbubnagar, Telangana, India

Beside District Sports Stadium, PXXX+437, Shah Saheb Gutta,  
Mahbubnagar, Telangana 509001, India

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Long 77.997667°

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