



Shri N.B. education Society's,

Shri Venkatesh Mahavidyalaya, Ichalkaranji

Name of Teacher : Mr. A.I. Bandar

Department : Physical Education

Date : 10/08/2021

To,
The Principal,
Shri Venkatesh Mahavidyalaya,
Ichalkaranji.

Subject – Submitting the Yoga Training activity report taken under Gymkhana
and Girl's forum.

Respected Sir,

I am herewith submitting the Yoga Training activity report of B.Com I for the academic year 2020-21.

Objectives and importance of activity –

Yoga, is a word that became popular across the world in the last few years. Yoga is not only beneficial for the body but also for the mind. It helps to improve blood flow and helps in building mind clarity. For ages, yoga was known to be beneficial for our physical & mental health. It not only help us to stay calm but also help us to lose weight.

During the ongoing Corona virus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods, can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless night causing fatigue; many of us are unable to relax our mind during this time thereby increasing the stress on our minds.

This activity helped the students to overcome their stress and anxiety.

Encl : List of participants students.

A. I. Bandar
Director of Phy. Education
Shree Venkatesh Mahavidyalaya

