



V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Name of the Program: “YOGA FOR IQ DEVELOPMENT”

Date of the Program: 25-03-2023

Resource Person Details: Swami Atmaswarup



V. V. Institute of Pharmaceutical Sciences organized a Program on “YOGA FOR IQ DEVELOPMENT” 25-03-2023. The main goal of this program is the role of Yoga in enhancing Intelligence Quotient (IQ) Yoga is a holistic practice that offers numerous physical, mental, and emotional benefits, which can indirectly contribute to cognitive development and potentially enhance IQ (Intelligence Quotient). While there's no direct scientific evidence to suggest that practicing yoga will significantly increase your IQ, there are several ways in which yoga can positively impact cognitive functioning:

Yoga promotes relaxation and stress reduction through deep breathing, meditation, and mindfulness techniques. Lowering stress levels can help improve focus, memory, and overall mental clarity.

Yoga practices often involve concentration and mindfulness exercises. These exercises can train the mind to focus better, which can be beneficial for academic or intellectual pursuits.

Regular yoga practice is associated with improved mental health, reduced anxiety, and reduced symptoms of depression. When mental health improves, cognitive functions tend to perform better are explained in this session. Students participated and the feedback form was collected, the students found it informative and enhanced them to develop their yoga skills.

The Management & Dr. A. Lakshmana Rao Principal of V. V. Institute of pharmaceutical sciences expressed gratitude for sharing her expertise with students.