



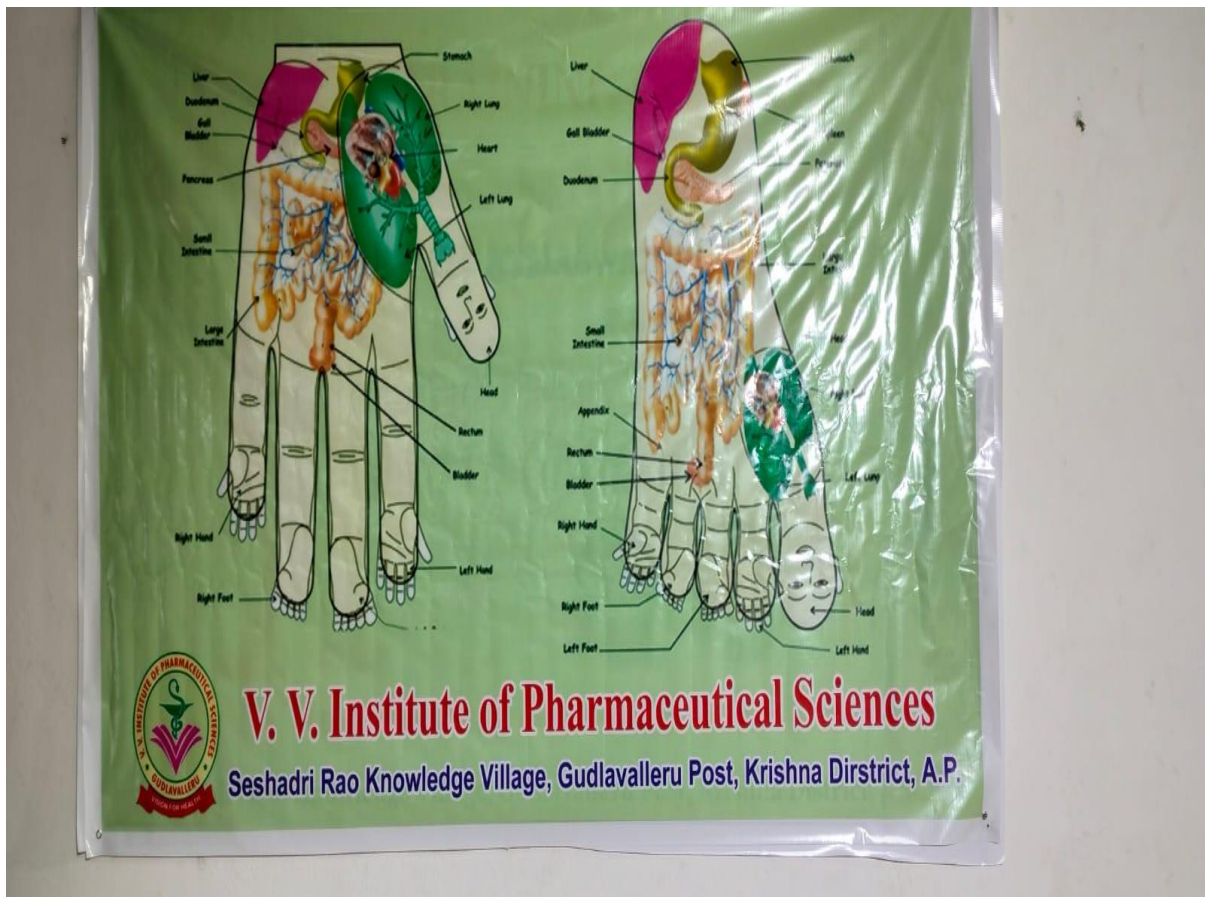
V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Name of the Program: "YOGA FOR STRESS MANAGEMENT"

Date of the Program: 07-02-2022

Resource Person Detail: Mr. T. Sarath Kumar.



V. V. Institute of Pharmaceutical Sciences organized a program on “YOGA FOR STRESS MANAGEMENT” for students by Mr. T. Sarath Kuma, Yoga faculty, Gudivada, on 07-02-2022. The main goal of this program is Yoga is widely recognized for its effectiveness in stress management. The practice of yoga involves physical postures, breathing exercises, meditation, and mindfulness techniques that can help reduce stress and promote relaxation. Here are some ways in which yoga can be beneficial for stress management: Physical Relaxation: Yoga involves various physical postures (asanas) that stretch and relax the muscles. These poses can release physical tension stored in the body, providing a sense of relaxation and relief from stress.

Yoga helps in breath control, mental calmness by meditation and mindfulness are integral components of yoga, Regular meditation practice can help quiet the mind, reduce racing thoughts, and promote a sense of inner peace, which is essential for managing stress.

students participated and the feedback form was collected, the students told it is very useful for improving their health.

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