



V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

Name of the Program: “AWARENESS ON PHYSICAL FITNESS”

Date of the Program: 25-03-2021

Resource Person Details: Mr. M. Siva Sankar



V. V. Institute of Pharmaceutical Sciences organized a program on “AWARENESS ON PHYSICAL FITNESS” on 25-02-2021 by Mr. M. Siva Sankar, Director of Physical Education, Gudlavalleru Engineering College, Gudlavalleru. The Yoga improves strength, Physical fitness, balance and flexibility. It improves back pain relaxation. 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 helps in Enhanced Concentration. 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.

Yoga Mental Health. 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. As 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.