

Best of all Practices in 2018-19

- 1) Training in Yoga for Students and Teachers - Dr. B. K.Chandra Keerthi, Lecturer in English is the coordinator. is a spiritual, mental and physical practice that has been around since ages. Yoga Yoga increases flexibility, muscle strength and tone. Yoga improves respiration, energy and vitality. Yoga helps in maintaining a balanced metabolism. It is possible to reduce weight. Yoga maintains cardio and circulatory health. Yoga helps reducing stress and anxiety. In Dr.V.S.Krishna Govt. Degree College programmes on Yoga and meditation are conducted regularly.

- 2) Self-Defence Training for Girl Students, Dr. P.R.Vani, Lecturer in Zoology is the coordinator. By participating in our classes, girl students develop confidence, better decision-making skills, and a stronger character. Self-respect is taught which allows girl students to recognize situations in which they need to employ self-defence. Overall, there are many benefits teenager girl students have from learning martial arts.