



# VIGNAN'S LARA INSTITUTE OF TECHNOLOGY & SCIENCE

Approved by AICTE New Delhi & Affiliated to JNTUK Kakinada  
Vadlamudi - 522 213, Guntur District

## Life Skills Under National Service Scheme

### Report on Yoga Practice in College Campus

<b>Activity</b>	<b>Yoga Practice in College Campus</b>
<b>Date</b>	<b>21. 06.2018</b>
<b>Place</b>	<b>College campus</b>
<b>No of participants</b>	<b>160</b>
<b>Academic Year</b>	<b>2018-19</b>

The NSS unit of VLITS organized an International Yoga Day Camp on the campus on 21<sup>th</sup> June 2018. The event was attended by 160 participants including teaching faculty members, non-teaching faculty members and students. It was a grand success. Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration". Students can be benefitted a lot by doing this yoga for at least about an hour in their regular lives.

NSS COORDINATOR

NSS PROGRAM OFFICER

VLITS

VADLAMUDI