



Government Degree College for Women, Srikalahasti

(NAAC Accredited with B+ Grade)



Women Empowerment Cell

Yoga Class

Women empowerment cell and Physical education department together organized Yoga classes to the students. Practicing Yoga results in greater attention span helps in retaining the information for a longer period. The direct effects of Yoga on memory can be seen with better academic grades and a longer concentration span.

Yoga for health

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Today, most Westerners who do yoga do it for exercise or to reduce stress.

Benefits of Yoga

Yoga can improve your overall fitness level and improve your posture and flexibility. It may also:

- Lower your blood pressure and heart rate
- Help you relax
- Improve your self-confidence
- Reduce stress
- Improve your coordination
- Improve your concentration
- Help you sleep better
- Aid with digestion

In addition, practicing yoga may also help with the following conditions:

- Anxiety

- [Back pain](#)
- [Depression](#)

