

JSS COLLEGE OF ARTS, COMMERCE & SCIENCE
OOTY ROAD, MYSURU-570 025 KARNATAKA

Report on Yoga 2018-19

Yoga is a holistic practice that originated in ancient India and has evolved over thousands of years. It encompasses physical postures, breath control, meditation, ethical principles, and spiritual development. The word "yoga" is derived from the Sanskrit root "yuj," which means to yoke or unite. This reflects the integration of mind, body, and spirit that is central to the practice.

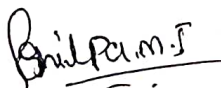
In our college every year trained more than 100 students by taking regular yoga classes. The theory syllabus includes Human Anatomy, History and Development of Yoga, Suryanamaskara and in practical's they learnt about practicing and significance of Pranayama and different Asana in practical classes.

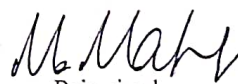
In naturopathy students learnt about Basics of Philosophy of naturopathy, Philosophy of Yoga, Philosophy of Nature care, Fasting Nutrition and Therapy and Community Health and Medicine.

Our college students regularly participate in yoga competitions organized by other institutions, and a large number of them represent our college in international yoga celebrations every year.

Numerous scientific studies support the positive impact of yoga on physical and mental health. It has been shown to reduce stress, anxiety, and depression, while improving overall well-being. Additionally, yoga has been integrated into various therapeutic interventions for conditions such as chronic pain, cardiovascular diseases, and mental health disorders.

Yoga helps students develop better posture, alignment, and body awareness, which are essential for maintaining a healthy physical condition.


Instructor


Principal
Principal
J. S. S. COLLEGE
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