



JSS MAHAVIDYAPEETHA  
**JSS COLLEGE OF ARTS, COMMERCE & SCIENCE**

(An Autonomous College of University of Mysore)  
OOTY ROAD, MYSURU-570 025 KARNATAKA

Re-accredited by NAAC with 'A' grade  
Recognised by UGC as "College with Potential for Excellence"

Ph: 0821-2548236 & 2548380. FAX: 0821-2548238 E-mail: [jssautonomous@gmail.com](mailto:jssautonomous@gmail.com) Website: [JSSCACS.edu.in](http://JSSCACS.edu.in)

## Report on Yoga 2020-21

Yoga has a rich history dating back to the Vedic period (around 1500 BCE). It was codified by the sage Patanjali in the "Yoga Sutras," a foundational text that outlines the philosophical and practical aspects of yoga. Over the centuries, various schools and styles of yoga have emerged, each with its unique emphasis and approach.

During the COVID-19 pandemic, yoga trainers guided students online to practice yoga for maintaining good health. Through yoga practice, students not only developed confidence but also enhanced their mental strength to combat pandemic diseases.

Students practiced Pranayama more because Pranayama involves conscious control and regulation of the breath. Different techniques aim to balance and channel the flow of life force energy (prana). Pranayama practices contribute to increased lung capacity, improved respiratory function, and a calming effect on the nervous system.

Yoga offers numerous benefits to students, contributing positively to their physical, mental, and emotional well-being.



Instructor



Principal  
JSS College of Arts, Commerce & Science  
Ooty Road, Mysore-570 025