



RISE KRISHNA SAI PRAKASAM GROUP OF INSTITUTIONS::ONGOLE

(Approved by AICTE-NEW DELHI, Affiliated to JNTUK KAKINADA)NH-16,

Valluru-523272, Ongole, Prakasam District, A.P

5.1.3 YOGA sessions practice

The College adapts and follows all schemes that are meant for the welfare of the students and the training on Yoga is one of the student development schemes. The mental well being of the students is monitored and taken care of, and staff mentors counsel the students to practice yoga regularly. The purpose of this practice is to provide a platform for the students to learn and adopt yoga as a means to rejuvenate and maintain a good lifestyle which will keep them away from stress factors. In our institution, the students are encouraged to practice yoga as it will help them fight with different types of stress. The practice of Yoga stimulates the process of unity of mind, body and soul. Yoga is useful in maintaining physical and mental energy. The Yoga Training sessions have been regularly organized in which around 100 students and few staff members used to attend the programs. The External Trainer Mr. Sastry regularly visit our campus to provide training on Yoga for our students. Yoga mats are provided to them by the college. Students assemble with high spirit of participation and learn the Asanas. Yoga has helped the students in many aspects and visible changes in their behavior and attitude have been observed. Yoga helped them in being disciplined and physically fit. Apart from regular in-house classes, external yoga trainers are invited every year to train our students. Yoga practice aids in having a balanced lifestyle with the ability to manage stress caused due to many factors. It has been noticed that yoga practice has improved positivity and nurtured healthy habits among the students


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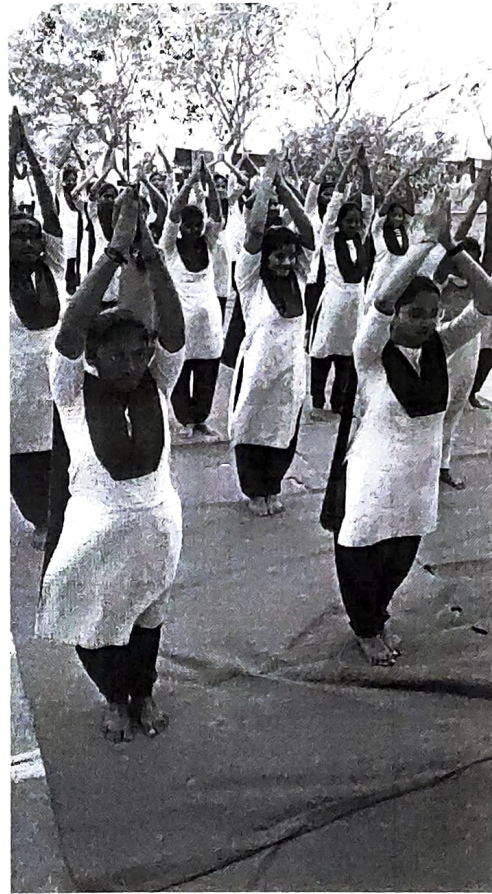
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YOGA Practice session

14/02/2016

Venue: Open grounds

Trainers: Sri Sasrty and Ms.Keerthana



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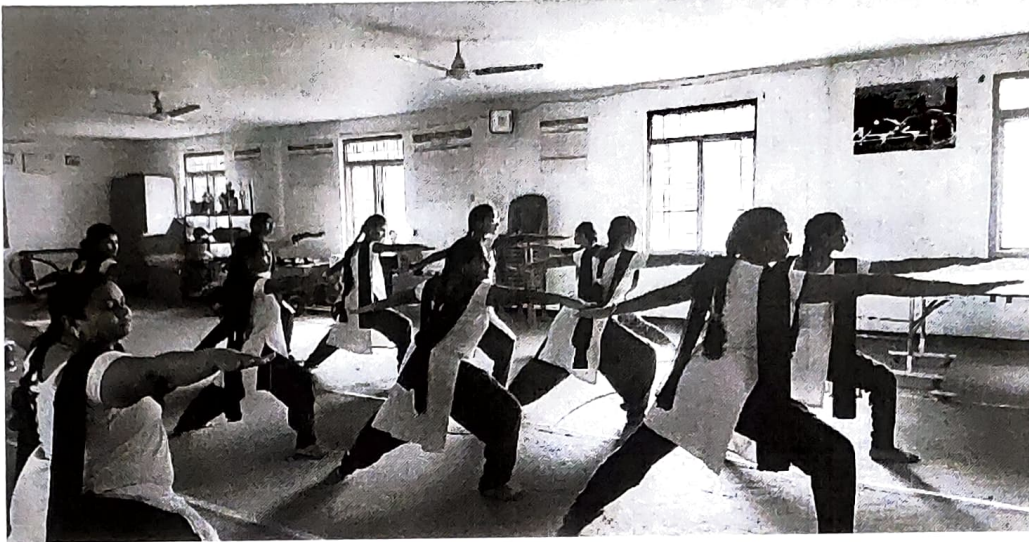



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YOGA Practice session **Dt: 18/04/2017**
Venue: CSE Seminar Hall




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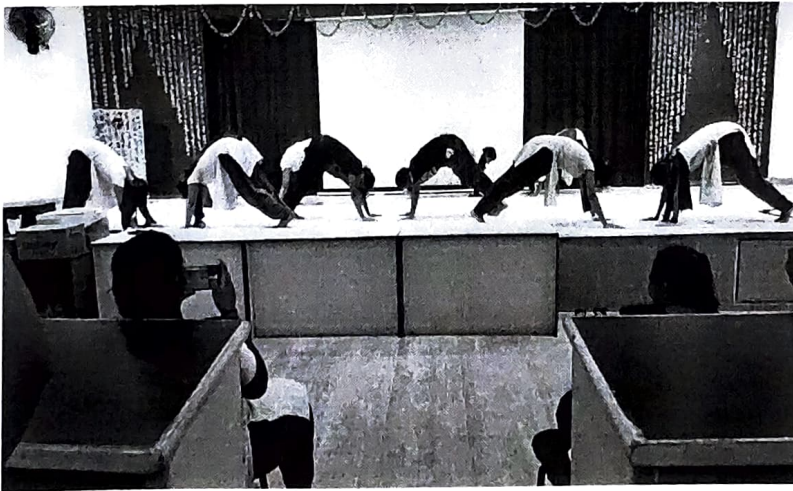
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YOGA Practice session Dt: 22/04/2018

Venue: RISE INDIA Auditorium




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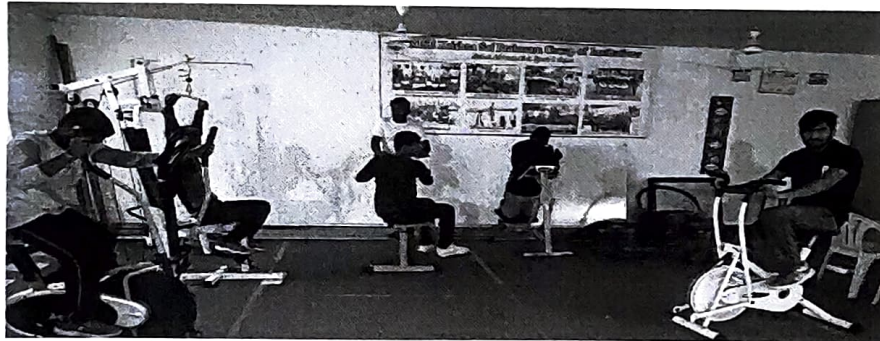
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5.1.3 Physical Fitness

Physical Fitness for students Plays an important role in the development of the students. Hence, it is important that physical education be incorporated along with a student's curriculum. Physical education is considered a supplement to the learner's growing value system. One of its aims is to expand options for wise use of leisure time. Taking up a regular physical activity is a health-enhancing move.

The institution has a well organized Gymnasium with large number of equipment to cater the needs of the students. The students utilize their leisure time working on the work stations.

Gymnasium




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Gymnasium



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ZUMBA Dance session by Girl students Dt: 12/11/2019

Venue: Girls hostel ground




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ZUMBA Dance session by Girl students Dt: 19/11/2019

Venue: Girls hostel ground



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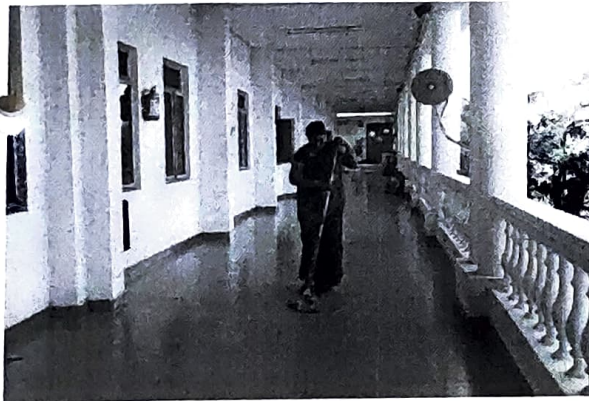
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5.1.3 Health and Hygiene

The Institution gives utmost importance to the Health and Hygiene of the students and staff members by keeping hygienic conditions in the Campus. There is a separate House Keeping team which looks after the cleanliness and sanitation in the classrooms, laboratories, corridors and restrooms. Large dustbins have been kept at various locations to dispose off the dry waste.

Institute's House keeping Team



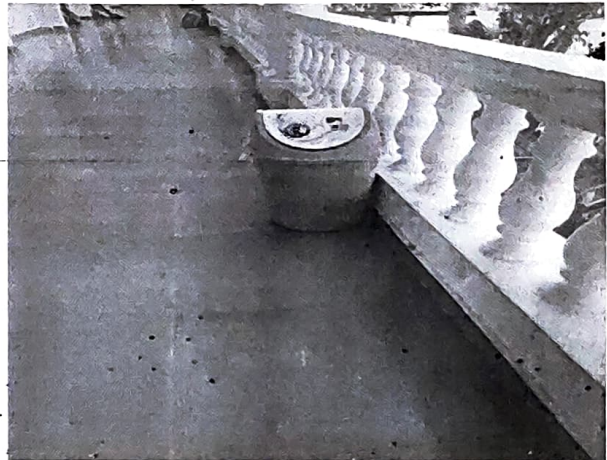
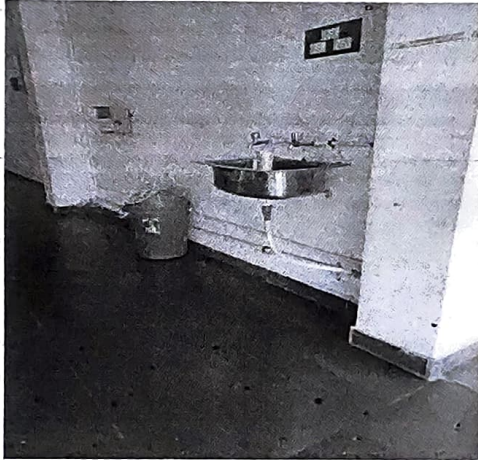

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Dust bins located at various places




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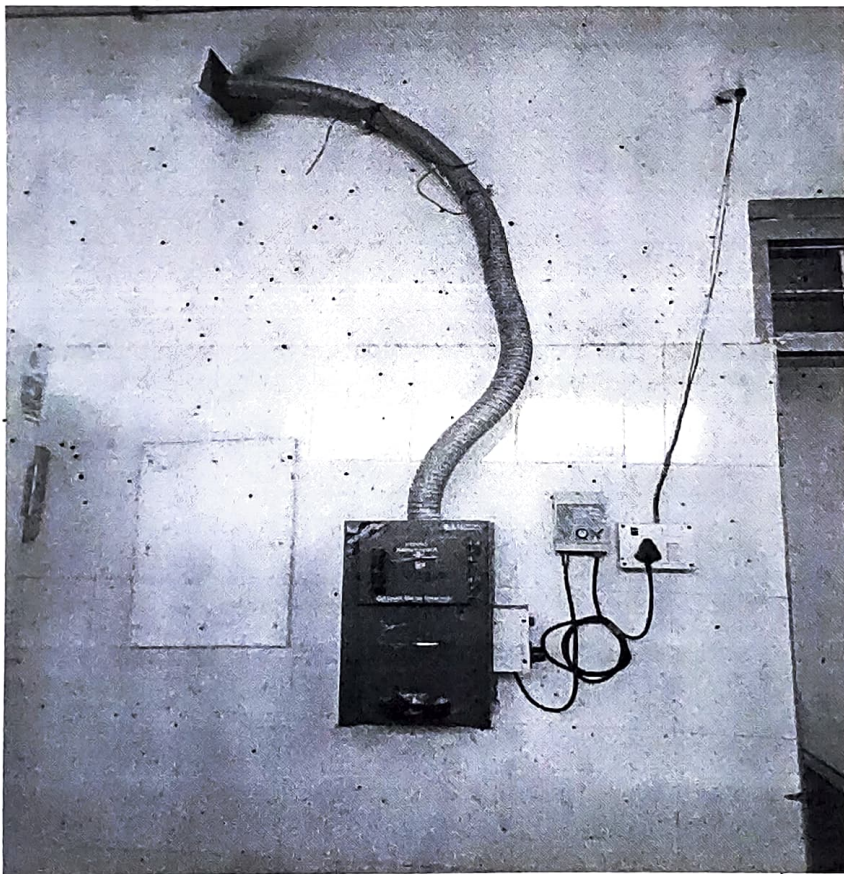


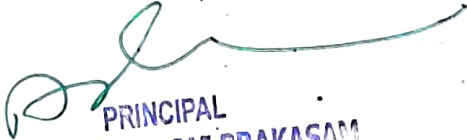
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Sanitary Napkin disposer

A sanitary napkin disposer has been set up in the girls' restrooms to dispose off the used napkins.




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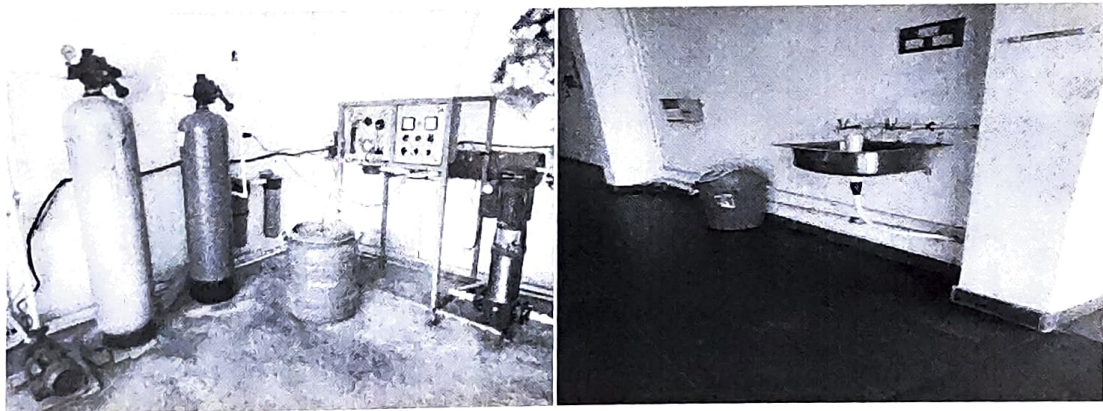
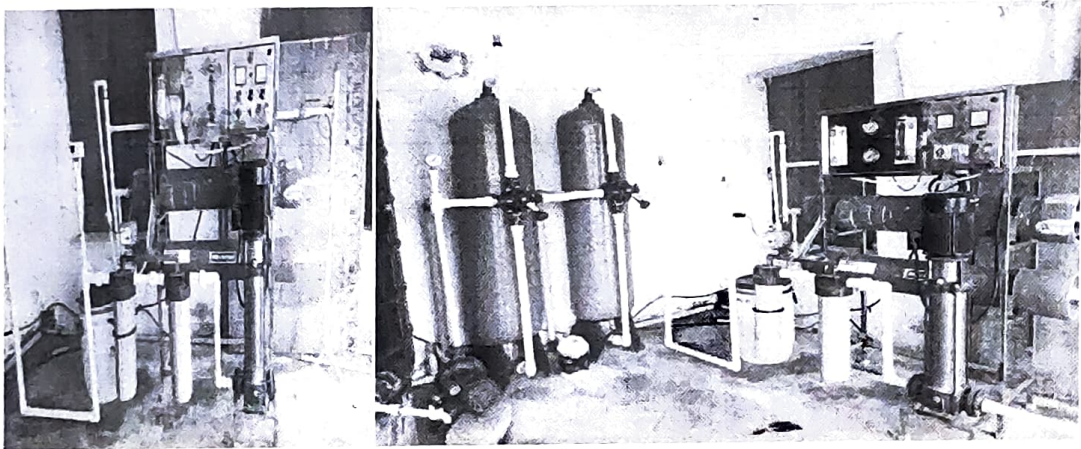


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RO Water plant located in the Institute

The Institute is having large RO water plant which continuously supplies pure drinking water and water taps have been set up at various locations in the campus.



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