

STUDENT WELFARE COMMITTEE (SWO)

ANNUAL REPORT 2022-23

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Activities Report for Academic Year 2022-23

Yoga classes



SWC-MITE is emphasizing the importance of yoga for the overall development of students and staff. Yoga, with its holistic approach to physical and mental well-being, has numerous benefits that can positively impact various aspects of life.

The regular practice of yoga at a young age can indeed contribute to the overall development of students. Here are some key benefits:

1. Physical Well-being: Yoga involves a combination of physical postures (asanas), breathing exercises (pranayama), and meditation. Regular practice can improve flexibility, strength, and balance.

2. Stress Management: The breathing techniques and meditation in yoga help in managing stress and anxiety. This is particularly beneficial for students who may experience academic pressures.

3. Mental Clarity and Focus: Yoga encourages mindfulness and helps improve concentration. This can lead to enhanced academic performance and better decision-making skills.

4. Inner Peace: The practice of yoga fosters a sense of inner peace and tranquility. This can be valuable in coping with the challenges of academic life and personal growth.

5. Healthy Lifestyle: Yoga is not just about physical postures; it also promotes a healthy lifestyle. This includes a balanced diet, adequate sleep, and mindful living.

It's commendable that Sri. Raghavendra Rao, a yoga guru from Patanjali Yoga Peeta, is conducting regular classes from 5.00 PM to 6.00 PM regularly. Overall, the initiative to incorporate yoga into the routine of students and staff aligns with the growing recognition of the importance of holistic education. By encouraging these practices, SWC-MITE is contributing to the well-being and success of its community members.

Some of the photographs are shown below





