



Government college (A), Rajamahendravaram

Affiliated with Adikavi Nannya University
An Autonomous Institution since 2000

Accredited A+ grade by NACC RAF-2017 , CGPA : 3.38/4.00
ISO Certified Institution (with 6 ISIO Certificates)



Daily Activities (2025-2026)

Yoga:-



Benefits of Yoga for College Students

- ❖ Reduces stress and anxiety: Yoga helps calm the mind and relax the body.
- ❖ Improves focus and concentration: Regular yoga practice enhances cognitive function and mental clarity.
- ❖ Boosts mood and energy: Yoga releases endorphins, which can help alleviate symptoms of depression and fatigue.
- ❖ Enhances flexibility and balance: Yoga improves physical fitness, reducing the risk of injuries.
- ❖ Supports better sleep: Yoga helps regulate sleep patterns and improves overall sleep quality.

Simple Yoga Practices for College Students

- ❖ Deep breathing exercises: Focus on slow, deliberate breaths to calm the mind.
- ❖ Basic postures: Try simple poses like downward-facing dog, warrior, and tree pose.
- ❖ Yoga Nidra: Practice guided meditation and relaxation techniques.
- ❖ Sun salutations: Perform a series of flowing movements to warm up and energize.



Tips for Incorporating Yoga into Your College Routine

- ❖ Start small: Begin with short practices (10-15 minutes) and gradually increase duration.
- ❖ Find a quiet space: Identify a peaceful spot on campus or in your dorm room for yoga practice.
- ❖ Join a yoga club or class: Connect with fellow students and learn from experienced instructors.
- ❖ Use online resources: Follow yoga channels, apps, or websites for guidance inspiration.



Conclusion

Yoga is a powerful tool for college students to manage stress, improve focus, and enhance overall well-being. By incorporating simple yoga practices into your daily routine, you can set yourself up for success and thrive during your college year

Indoor Games:-

Popular Indoor Games for College Students

1. Table tennis
2. Pool/billiards
3. Foosball
4. Board games (chess, Scrabble, Monopoly)
5. Card games (poker, blackjack)
6. Video games (console, PC, or mobile)
7. Yoga/Pilates
8. Dance games (Just Dance)
9. Escape rooms
10. Virtual reality games



Physical Benefits

- ❖ Improves cardiovascular health: Indoor games like table tennis, badminton, and squash can help lower blood pressure and improve cardiovascular health.
- ❖ Increases flexibility and mobility: Games like yoga, Pilates, and dance can improve flexibility, balance, and coordination.
- ❖ Boosts immune system: Regular indoor gaming can help reduce stress and boost the immune system

Mental and Emotional Benefits

- ❖ Reduces stress and anxiety: Indoor games can provide a healthy distraction from academic pressures and stress.
- ❖ Improves focus and concentration: Games like chess, puzzles, and brain teasers can improve cognitive function, focus, and concentration.
- ❖ Enhances teamwork and communication: Multiplayer indoor games like pool, foosball, and board games promote teamwork, communication, and social skills.



Academic Benefits

- ❖ Improves time management: Regular indoor gaming can help students develop better time management skills and prioritize tasks.
- ❖ Enhances problem-solving skills: Games like puzzles, brain teasers, and strategy games can improve problem-solving skills and critical thinking.
- ❖ Supports cognitive development: Indoor games can help students develop cognitive skills, such as memory, attention, and processing speed.

Conclusion

Indoor games offer numerous benefits for college students, from physical and mental health improvements to social and academic advantages. By incorporating indoor games into their lifestyle, college students can enhance their overall well-being, develop new skills, and create

lasting memories

Basketball :-

Physical Benefits

- ❖ **Improves cardiovascular health:** Basketball is an excellent cardiovascular workout, improving heart health and reducing the risk of chronic diseases.
- ❖ **Increases strength and flexibility:** Basketball requires quick movements, jumps, and changes of direction, which can improve muscular strength and flexibility.
- ❖ **Enhances endurance and stamina:** Playing basketball can increase endurance and stamina, allowing students to perform daily tasks with more energy.

Mental and Emotional Benefits

- ❖ **Reduces stress and anxiety:** Basketball can provide a healthy distraction from academic pressures and stress.
- ❖ **Improves focus and concentration:** Playing basketball requires focus, discipline, and concentration, which can translate to improved academic performance.
- ❖ **Boosts self-confidence and self-esteem:** Scoring baskets, making plays, and contributing to a team's success can enhance self-confidence and self-esteem.



Career Benefits

- ❖ **Develops transferable skills:** Basketball players can develop skills like teamwork, communication, and leadership, which are valuable in many careers.
- ❖ **Builds character and work ethic:** Playing basketball can help students develop a strong

work ethic, discipline, and character, which can benefit them in their future careers.

❖ Provides networking opportunities: Basketball can provide opportunities to connect



with coaches, teammates, and alumni, potentially leading to valuable professional networks.

Conclusion:-

Playing basketball can have a profound impact on college students, offering numerous physical, mental, emotional, social, academic, and career benefits. Whether students play competitively or recreationally, basketball can be a rewarding and enriching experience that complements their academic pursuits.

Kabaddi:-

Physical Benefits

- ❖ **Improves cardiovascular health:** Kabaddi is a high-intensity sport that requires quick bursts of energy, improving cardiovascular health.
- ❖ **Increases strength and flexibility:** Kabaddi requires strength, power, and flexibility, making it an excellent way to improve overall physical fitness.
- ❖ **Enhances endurance and stamina:** Playing kabaddi can increase endurance and stamina, allowing students to perform daily tasks with more energy.



Social Benefits

- ❖ **Fosters teamwork and communication:** Basketball is a team sport that requires communication, cooperation, and mutual support.
- ❖ **Develops leadership skills:** Players can develop leadership skills, such as motivating teammates, making strategic decisions, and taking charge of the game.
- ❖ **Builds camaraderie and friendships:** Playing basketball can create lasting bonds and friendships among teammates.



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Cricket:-

Physical Benefits

- ❖ **Improves cardiovascular health:** Cricket requires quick bursts of energy, improving cardiovascular health and reducing the risk of chronic diseases.
- ❖ **Increases strength and flexibility:** Cricket involves physical activities like batting, bowling, and fielding, which can improve muscular strength and flexibility.
- ❖ **Enhances endurance and stamina:** Regular cricket practice can increase endurance and stamina, allowing students to perform daily tasks with more energy.



Academic Benefits

- ❖ **Improves time management:** Balancing cricket practice and games with academic responsibilities can help students develop better time management skills.
- ❖ **Enhances discipline and responsibility:** Playing cricket requires discipline, hard work, and responsibility, which can translate to improved academic performance.
- ❖ **Provides opportunities for scholarships:** Exceptional cricket players may be eligible for scholarships, which can help fund their education.



Career Benefits

- ❖ **Develops transferable skills:** Cricket players can develop skills like teamwork, communication, and leadership, which are valuable in many careers.
- ❖ **Builds character and work ethic:** Playing cricket can help students develop a strong work ethic, discipline, and character, which can benefit them in their future careers.
- ❖ **Provides networking opportunities:** Cricket can provide opportunities to connect with coaches, teammates, and alumni, potentially leading to valuable professional networks.



Tips for College Students to Practice Cricket

- ❖ **Find a local cricket team or club:** Many colleges have cricket teams or clubs that students can join.
- ❖ **Start with basic training:** Begin with basic training and conditioning exercises to build endurance and strength.
- ❖ **Practice regularly:** Regular practice is essential to improve skills and develop teamwork.
- ❖ **Participate in local tournaments:** Participating in local tournaments can provide valuable experience and exposure.

Conclusion

Practicing cricket can be an excellent way for college students to improve their physical fitness, mental well-being, and social skills, while also developing valuable transferable skills and networking opportunities.

Kho-Kho:-

Physical Benefits

- ❖ **Improves cardiovascular health:** Kho-Kho requires quick bursts of energy, improving cardiovascular health and reducing the risk of chronic diseases.
- ❖ **Increases strength and flexibility:** Kho-Kho involves physical activities like running, chasing, and dodging, which can improve muscular strength and flexibility.
- ❖ **Enhances endurance and stamina:** Regular Kho-Kho practice can increase endurance and stamina, allowing students to perform daily tasks with more energy.



Mental and Emotional Benefits

- ❖ **Reduces stress and anxiety:** Kho-Kho can provide a healthy distraction from academic pressures and stress.
- ❖ **Improves focus and concentration:** Playing Kho-Kho requires focus, discipline, and concentration, which can translate to improved academic performance.

- ❖ **Boosts self-confidence and self-esteem:** Scoring points, making successful chases, and contributing to a team's success can enhance self-confidence and self-esteem.



Career Benefits

- ❖ **Develops transferable skills:** Kho-Kho players can develop skills like teamwork, communication, and leadership, which are valuable in many careers.
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Tips for College Students to Practice Kho-Kho

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Volleyball:-

Physical Benefits

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- ❖ **Increases strength and flexibility:** Volleyball involves physical activities like jumping, spiking, and blocking, which can improve muscular strength and flexibility.



- ❖ **Enhances endurance and stamina:** Regular volleyball practice can increase endurance and stamina, allowing students to perform daily tasks with more energy.



Mental and Emotional Benefits

- ❖ **Reduces stress and anxiety:** Volleyball can provide a healthy distraction from academic pressures and stress.
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Badminton:-

Physical Benefits

- ❖ **Improves cardiovascular health:** Badminton requires quick bursts of energy, improving cardiovascular health and reducing the risk of chronic diseases.
- ❖ **Increases strength and flexibility:** Badminton involves physical activities like jumping, lunging, and swinging, which can improve muscular strength and flexibility.
- ❖ **Enhances endurance and stamina:** Regular badminton practice can increase endurance and stamina, allowing students to perform daily tasks with more energy.



Academic Benefits

- ❖ **Improves time management:** Balancing badminton practice and games with academic responsibilities can help students develop better time management skills.
- ❖ **Enhances discipline and responsibility:** Playing badminton requires discipline, hard work, and responsibility, which can translate to improved academic performance.
- ❖ **Provides opportunities for scholarships:** Exceptional badminton players may be eligible for scholarships, which can help fund their education.



Tips for College Students to Practice Badminton

- ❖ **Find a local badminton team or club:** Many colleges have badminton teams or clubs that students can join.
- ❖ **Start with basic training:** Begin with basic training and conditioning exercises to build endurance and strength.
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Conclusion

- ❖ **Practicing badminton can be an excellent way for college students to improve their physical fitness, mental well-being, and social skills, while also developing valuable transferable skills and networking opportunities.**

Football:-

Physical Benefits

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Tips for College Students to Play Football

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Track and field athletics:-

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Popular Athletics Events for College Students

- ❖ **Track and field:** Events like sprinting, distance running, jumping, and throwing.
- ❖ **Cross-country:** Long-distance running events.
- ❖ **Marathon:** Long-distance running events.





Tips for College Students to Participate in Athletics

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