



G.NARAYANAMMA INSTITUTE OF TECHNOLOGY & SCIENCE

(AUTONOMOUS)

(For Women)

Shaikpet, Hyderabad – 500104

TASK DATE : 24/01/2020

DIVISION NAME : Street Cause GNITS

TASK NAME : Project Abhyasa, visit-1

TASK TAKEN UP BY : 1. Akhila(Coordinator) and
2. Chaitanya(Coordinator)

TASK VENUE : Amma Old age home, Mallikarjuna colony,
Old Bowenpally, Hyderabad

EVENT SUMMARY :

On our first visit to Amma Old Age home as part of project Abhyasa, we got to interact with the old people there. Few yoga exercise poses were taught by us and they were made to perform the same with a motive to prevent the onset of osteoporosis among them and also to enhance their sleeping habits. As part of the visit, we made them chant „om“ as it has various cardiovascular benefits and wrapped our by making them sway to few tunes.

NO. OF STUDENTS PARTICIPATED : 16



Shreya



Shree