



G.NARAYANAMMA INSTITUTE OF TECHNOLOGY & SCIENCE

(AUTONOMOUS)

(For Women)

Shaikpet, Hyderabad – 500104

TASK DATE : 07/02/2021

DIVISION NAME : Street Cause GNITS

TASK NAME : Project Abhyasa, visit-3(Yoga for Old people)

TASK TAKEN UP BY :

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

EVENT SUMMARY :

On our third visit to Amma Old Age home as part of project Abhyasa, we taught the old people there few yoga movements that would ease their body by having a positive impact on their brain while at the same time stimulate their nervous system. All the movements taught were simple yet effective. They were also made to chant “om” as it is a great tool for manifesting positive things in one’s life. The visit proved to be an effective and soothing one.

ORGANIC GARDENING :

Organic seeds were handed to the old people there to in still cognizance on the benefits of organic gardening. We helped the old in sowing the seeds and were made to understand the benefits of growing vegetables without the intrusion of chemicals. By doing so, we were able to inculcate environmental responsibility in them as well.

NO. OF STUDENTS PARTICIPATED : 15

