



# ACCOMPLISH Academy

IIT - JEE | MEDICAL | CA | CLAT (LAW)  
( Accomplish Junior College, Recg by TSBIE )

## WEEKLY JOURNAL WEEK 1



ORR EXIT - RALLAGUDA ROAD , SHAMSHABAD, RANGAREDDY - 501218



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**Playing sports builds the students personality and teaches to live life in a better way.**

Students who are physically active tend to have better grades, college attendance and performance and classroom behaviours.

Phenomenal benefits of sports to health: 1. Improved Sleep

2. Stronger Heart

3. Reduces anxiety



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INTERNATIONAL

# YOGA

DAY

21 June 2024



## International Yoga Day

Yoga is a spiritual medicine that has the power to heal the oldest wounds of the soul, ushering in a new era of rejuvenation and self-discovery.



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**Accomplish uses Advanced teaching methods, Electronic Attendance methods, In order to prepare the students for Today's world. We understand that every individual in today's world is advisable to be tech savy.**



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