



GAYATRI VIDYA PARISHAD COLLEGE

CENTRE FOR FOSTERING SOCIAL

EMPATHIZE – ENGAGE - EXECUTE



Service which is rendered without joy helps neither the servant nor the server

Silver Jubilee Year
Gayatri Vidya Parishad College of Engineering (Autonomous)




Approved by AICTE, New Delhi and Affiliated to JNTU-Kakinada
Re-accredited by NAAC with "A" Grade with a CGPA of 3.47/4.00
Madhurawada, Visakhapatnam- 530048

NSS GVPCE(A)

INTERNATIONAL YOGA DAY

JUNE 21

"Yoga is the perfect opportunity to be curious about who you are"

   @gvpcenss

21st JUNE 2022

Organized by

NATIONAL SERVICE SCHEME



GVPCE (A)

NOT ME, BUT YOU



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The NSS UNIT-2 of **Gayatri Vidya Parishad College Of Engineering (Autonomous)** have organized an event on the part of common yoga protocol guidelines released by the IDY 2022- Ministry of Ayush, a series of **YOGA WORKSHOPS** are planned by CFSR. The protocol intends to create general awareness among the masses to reap all the benefits of yoga. Volunteers took a good initiation by actively taking part in 1 day offline session i.e, on **21-06-2022**. The event was held successfully in the presence of honorable guests.

Chief Guest:

P Rama Krishna

Trainer Advance

All India Yoga Vidhya Pranic

Healing Foundation Of Trust

Dr Simhachalam Naidu

Assistant Professor

Siddhartha Medical College

Dr.T. Vidhyavathi

Assistant Professor

ECE Department

Program Officer of NSS

MODE: Offline

DURATION: 1:40 to 3:30

VENUE: Main Auditorium

PROGRAM AGENDA: AWARENESS ON THE BENEFITS OF YOGA

- The Protocol intends to create general awareness among the masses to reap all the benefits of yoga.



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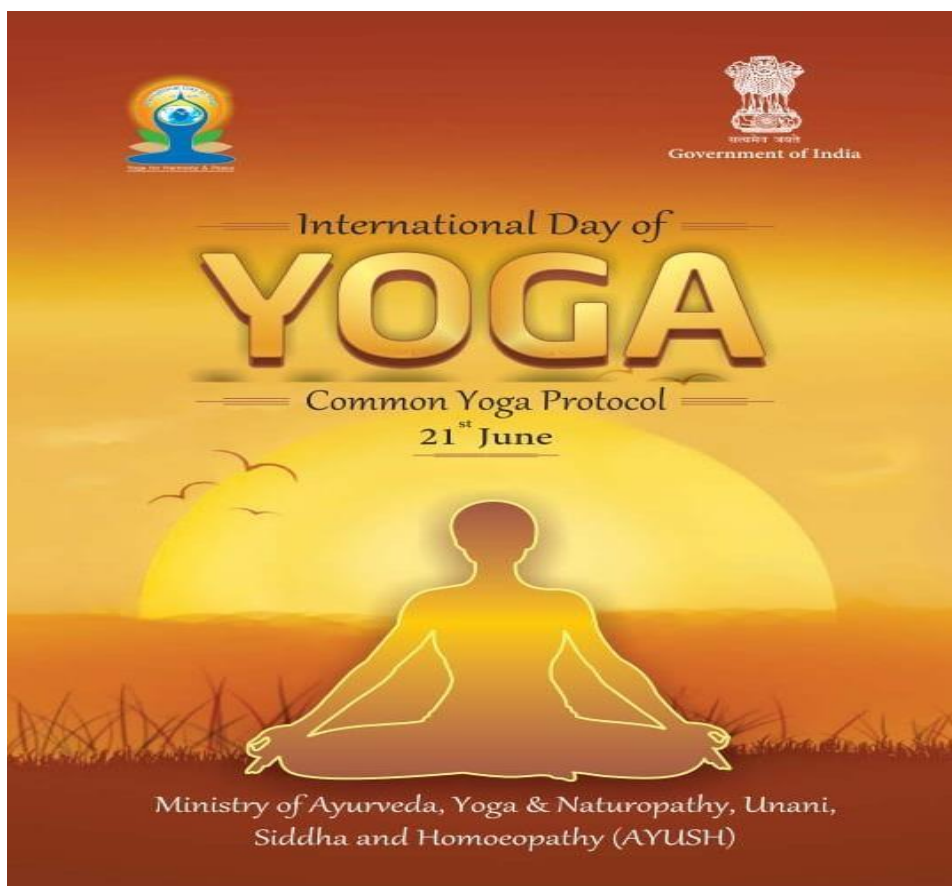
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IDY-2022

21st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Prime Minister Shri Narendra Modi. The IDY Resolution moved by India secured unanimous consent, which was a record in itself. Since 2015, the IDY has been an occasion which is observed around the world with great enthusiasm and fervour.

The observance of the day is not tokenistic but serves the purpose of highlighting the immense potential of Yoga to enhance the physical, psychological and emotional aspects of wellbeing. IDY over the years has not only boosted Yoga's popularity, but also expanded its geographical presence by inspiring its adoption several new territories. The event has also triggered new advances within the field of yoga, such as development of universal yoga protocols for people of all ages, development of specific protocols addressing lifestyle diseases, and research in developing yoga as a potentially productivity enhancing tool.





In India, the Ministry of Ayush(MoA) plays a nodal role every year in the mobilization of efforts for the observance of this Day, however, the endeavour to drive the awareness and adoption of Yoga worldwide cannot be achieved working alone.

Common Yoga Protocol(CYP):

CYP, a specified sequence of Yogasanas of 45 minutes, lies at the heart of the IDY observation. It was developed by some of the most accomplished Yoga gurus of India in 2015. Conceived with the need to organize harmonious mass Yoga demonstrations in observance of International Day of Yoga(IDY), it comprises the ideal assemblage of asanas for inducting beginners to Yoga practice. It was designed meticulously so that people from various age groups and all walks of life can participate and reap the health benefits of Yoga. In a short span of six years, CYP has emerged as one of the most popular introductory programmes for new learners of Yoga. It is also prepared to disseminate awareness of Yoga among the common people.

The UN resolution on IDY calls upon all countries, International and regional organizations, as well as civil society, including and individuals, to observe the International Day of Yoga to raise awareness of the benefits of practicing Yoga. The observation of IDY has been structured to be in alignment with the UN resolution. Considering that Yoga provides holistic approach to health and well-being, a wider dissemination of information about the benefits of practicing Yoga would be beneficial for the health of the world population, and some standard procedures for IDY observation has been designed accordingly. The activities of IDY are designed in such a way that the interest of the participants in pursuing Yoga does not end with the IDY, but sustains even beyond. It has been observed that a notable number of people among the thousands who start learning CYP in the spirit of participation in IDY continues to pursue Yoga even beyond IDY.

Glimpses of International Day of Yoga Celebration





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PROGRAM AGENDA: AWARENESS ON THE BENEFITS OF YOGA

- The Protocol intends to create general awareness among the masses to reap all the benefits of yoga.

INITIATION:

The offline yoga event was started with all the volunteers assembling in the auditorium. Later the event began with the welcoming of the chief guests and volunteers were given a brief introduction about them followed by one hour complete yoga session where the volunteers performed the yoga asanas. The event was organized and happened according to the plan.

- The participants were taught the importance and benefits of yoga.

Below are the pictures of the volunteers performing yoga asanas





The chief guests P RAMA KRISHNA and DR SIMHACHALAM NAIDU were felicitated





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**“ YOGA is the journey of the self,
through the self , to the self .”**

-The Bhagavad Gita

**“Through practice comes YOGA,
through yoga comes KNOWLEDGE,
through knowledge comes LOVE,
and through love comes BLISS.”**

-Swami Vivekananda



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PARTICIPANTS:

| NAMES | Roll No. | BRANCH |
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| P. SWAROOP | 20131A05H0 | CSE |
| S. SRI VENKATESH | 18131A05G3 | CSE |
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| T. NAVYA | 18131A0435 | ECE |
| P. HIMASRI | 20131A04H9 | ECE |
| B.YUKTHI | 21131A0426 | ECE |
| B. SIVA SAI | 19131A0418 | ECE |
| A. GANESH | 19131A0408 | ECE |
| A. RAVI TEJA | 19131A0410 | ECE |
| K. ABHISHEK | 19131A04C5 | ECE |
| K. LIKHIL | 19131A04C1 | ECE |
| P. DIVYA | 18131A04G2 | CIVIL |
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| S. KAMESH | 21135A0420 | ECE |
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| M. VENKTAT RAM | 20131A04D6 | ECE |
| CH. BHARGAV KUMAR | 19131A0434 | ECE |
| VEENA SHARON.E | 18131A04L2 | ECE |
| V.SRILAKSHMI | 18131A04L3 | ECE |
| M. GEETHIKA | 19131A0253 | EEE |
| P.V.G MANASA | 20131A0383 | MECH |
| N.LAKSGMI SARAYU | 20131A0377 | MECH |
| K.GOWTHAMI | 20131A0593 | CSE |
| A.SONIKAA | 20131A0402 | ECE |
| D.SOWJANYA | 21131A0462 | EEE |
| P.JYOYHSNA | 19131A0167 | CIVIL |
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| B.RAGHAVA | 19131A0430 | ECE |
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| D.RAJESH KUMAR | 19131A0115 | ECE |
| S.VENKAT SAI | 21131A0426 | ECE |
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| SONA SHAINI | 19131A04M9 | ECE |
| G.JAYA PRAKASH NARAYANA | 19131H1231 | CIVIL |
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| V.JASWANTH | 20131A0342 | ECE |

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SOCIAL MEDIA PLATFORMS:

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