



**GAYATRI VIDYAPARISHAD COLLEGE OF ENGINEERING (A)**

**CENTER FOR FOSTERING SOCIAL RESPONSIBILITY**

**EMPATHIZE – ENGAGE – EXECUTE – EXCEL**



## **GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING(A) NATIONAL SERVICE SCHEME**

**NSS UNITS-GVPCE (A)**

### **INTERNATIONAL DAY OF YOGA 2022**

**Phase-2 Online Workshop**

**Date: 14-18 May 2022**

The poster is for the International Day of Yoga 2022 Phase-2 Online Workshop. It features the Gayatri Vidya Parishad College of Engineering (Autonomous) logo at the top left, a 25th anniversary banner, and the CFSR logo at the top right. The text reads: "GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING (Autonomous) Madhurawada, Visakhapatnam-530048". Below this is a banner for "25 Years of Glorious Service to the society". The main title is "INTERNATIONAL DAY OF YOGA 2022" with the NSS ID "NSS-90214307". A central image shows five stylized human figures in yoga poses. A quote by Jigar Gor is included: "Yoga is not about touching your toes, it's about what you learn on the way down." The event details are: "Phase-2 ONLINE WORKSHOP 14<sup>th</sup> - 18<sup>th</sup> May '22" organized by the Departments of CHEMICAL, CIVIL, EEE, MATHEMATICS & PHYSICS in Association with NSS UNIT-1 of CFSR. The bottom of the poster features logos for the Ministry of Ayush, Government of India, Azadi Ka Amrit Mahotsav, and the Swachh Bharat Mission.

**GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING (Autonomous)**  
Madhurawada, Visakhapatnam-530048

25 Years of Glorious Service to the society

**NSS-90214307**

**INTERNATIONAL DAY OF YOGA 2022**

Yoga is not about touching your toes, it's about what you learn on the way down.  
-Jigar Gor

**Phase-2 ONLINE WORKSHOP**  
**14<sup>th</sup> - 18<sup>th</sup> May '22**

**Organised By**  
Departments of CHEMICAL, CIVIL, EEE, MATHEMATICS & PHYSICS  
in Association with NSS UNIT-1 of CFSR

Ministry of Ayush Government of India  
75 Azadi Ka Amrit Mahotsav  
स्वच्छ भारत  
एक कदम स्वच्छता की ओर  
Yoga for Harmony & Peace



## GAYATRI VIDYAPARISHAD COLLEGE OF ENGINEERING (A)

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The event “YOGA ONLINE WORKSHOP” Phase-2 organized from 14<sup>th</sup> May 2022 to 18<sup>th</sup> May 2022 by NSS Unit-1 of GVPCE (A) on the occasion of International Day of Yoga is a unique event that focuses mainly on health benefits that an individual can acquire when adapting yoga as a routine of day. The organisation of this event was handled by the departments of Chemical, Civil, EEE, Mathematics and Physics in association with NSS Unit-1 under the guidance of CFSR.

Activity conducted by	90214307 - Gayatri Vidya Parishad College of Engineering(A) Unit-I, Madhurawada, Visakhapatnam-530 048		
Activity Type	Other Event	Title of the Event	International Yoga Day of 20
Event Start Date:	14/05/2022	Event End Date:	18/05/2022
Volunteers involved	50	Male Volunteers involved:  Female Volunteers involved:	30  20
Description	NSS UNITS of GVPCE (A) organized Yoga event it is focuses mainly on health benefits that an individual can acquire when adapting yoga as a routine of day.		



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**Day-1**



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Madhurawada, Visakhapatnam-530048

25 Years of Glorious Service  
to the Society

**NSS-90214307**

**INTERNATIONAL  
DAY OF YOGA 2022**



**SPEAKER**  
**Dr. Sri Rama Srinivas**  
PHYSIOTHERAPIST



**Phase 2, Day 1**  
**5:45 AM-6:45 AM, 14<sup>th</sup> May**

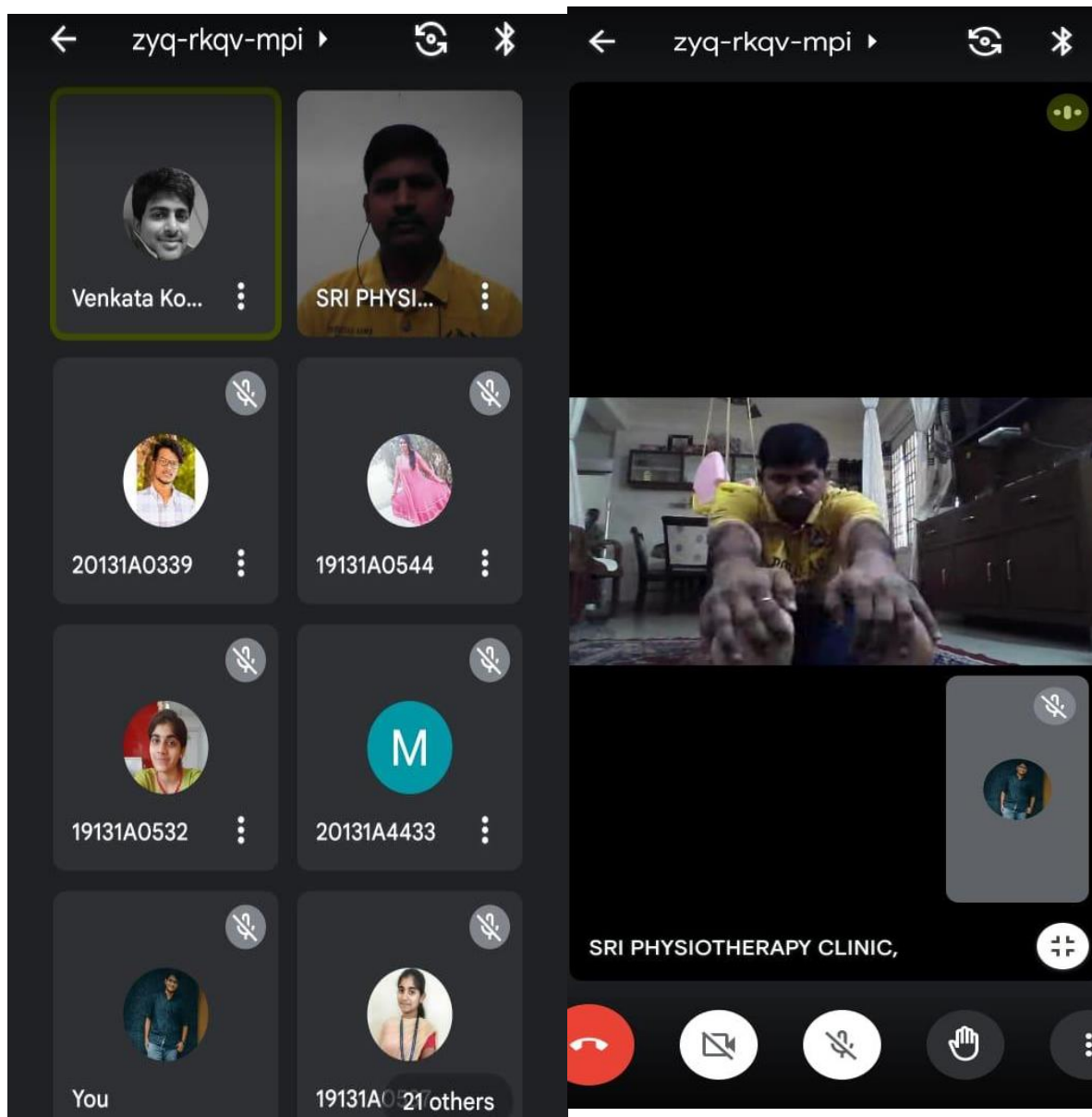




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The first day of the event started with the introduction of speaker Dr. Sri Rama Srinivas Garu, Physiotherapist. Then Dr. Srirama Srinivas sir began saying that health is very much important than anything and demonstrated about the importance of physical exercise, explained about the heart muscles, different body postures like how a person should stand in horizontal and sectional way and how one can control the blood pressure and have given some tips for gastric relief.

After all this theoretical session, practical session for yoga have started by saying the definition of exercise " any restriction to moment is known to be exercise" .Then he

GVPCE (A) – CFSR

**NOT ME, BUT YOU**  
NSS UNIT 90214307





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demonstrated some kind of neck exercises and said that people do neglect this but it is very important to handle the weight of our head so the muscles of neck would be strong enough to do its part. Finally, the day ended by knowing the importance of padmasana and exercise by a butterfly moment.

## Day-2

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Madhurawada, Visakhapatnam-530048

25 Years of Glorious Service to the society

**NSS-90214307**

**INTERNATIONAL DAY OF YOGA 2022**

**SPEAKER**  
**Mr.K Ravi Kumar**  
M.TEH  
ASSISTANT PROFESSOR, DEPT. OF EEE  
GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING(A)

**Phase 2, Day 2**  
**6 AM-7 AM, 15<sup>th</sup> May**

Ministry of Ayush Government of India

75 Azadi Ka Amrit Mahotsav

स्वच्छ भारत  
एक कदम स्वच्छता की ओर

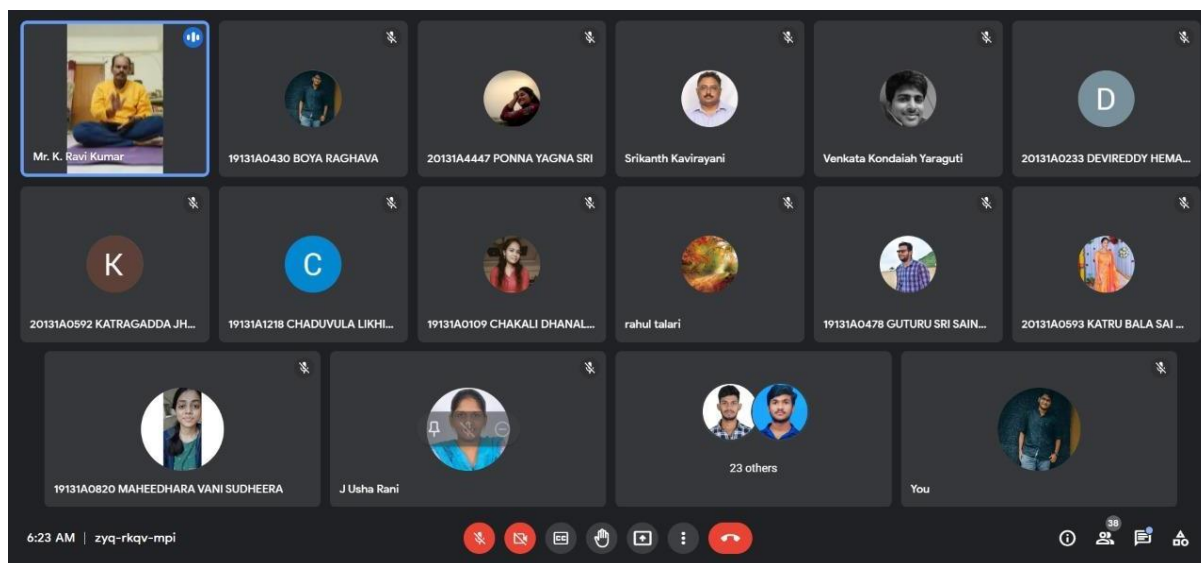
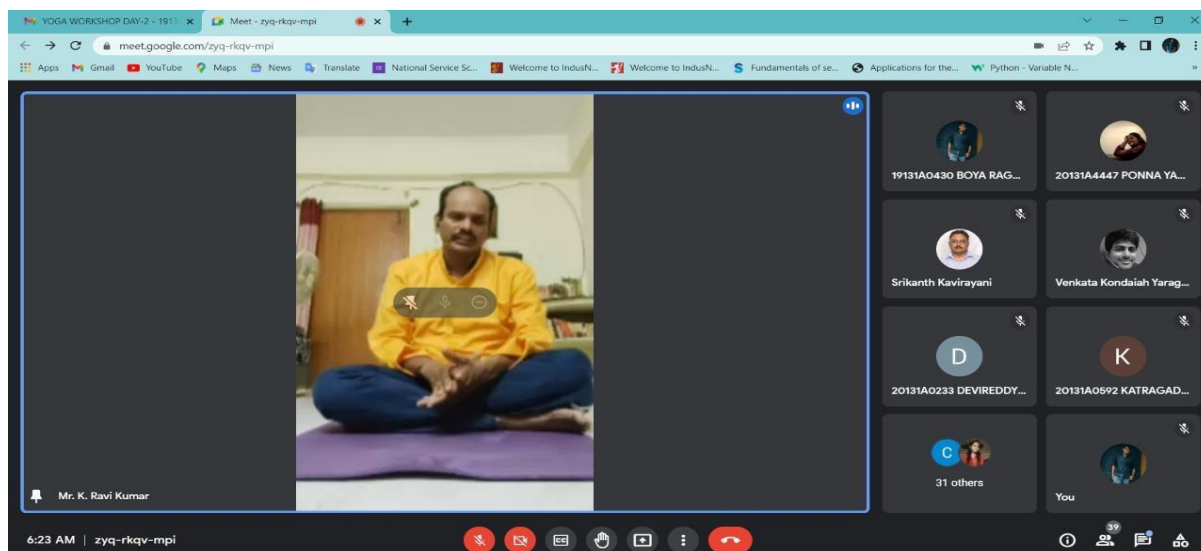
Yoga for Harmony & Peace



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The second day of the event started with the introduction of speaker Mr. K Ravi Kumar Sir, MTech, Assistant Professor, Department of EEE in Gayatri Vidya Parishad College of Engineering, Visakhapatnam. The event started at 6 am and lasted until 7 am. Speaker, Ravi Kumar sir explained about different kinds of yoga, Ashtanga yoga and 8 parts of yoga with an example of bike with our body. He also demonstrated about the importance of our body, free cleaning Asana as one of the major aspects that strengthen your body, importance of Warm up, Pranayama details and importance, Importance of vajrasana yoga, Dhanurasana and ended the day with asathoma sath ga maya mantra.



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**Day-3**

The poster is for the International Day of Yoga 2022, Phase 2, Day 3, held on May 16th from 6 AM to 7 AM. It features the Gayatri Vidya Parishad College of Engineering (Autonomous) logo at the top left, a 25th anniversary badge, and the CFSR logo at the top right. The college's name and address (Madhurawada, Visakhapatnam-530048) are prominently displayed. A central banner reads "25 Years of Glorious Service to the society". Below this, the NSS-90214307 unit is mentioned. The main title "INTERNATIONAL DAY OF YOGA 2022" is in large, bold letters. The speaker, Dr. T Karuna, a Dental Surgeon from Bangalore, is featured with a circular portrait and a speaker icon. The event details "Phase 2, Day 3" and "6 AM-7 AM, 16<sup>th</sup> May" are clearly stated. The bottom of the poster includes logos for the Ministry of Ayush, Government of India; the 75th Azadi Ka Amrit Mahotsav; and the "Yoga for Harmony & Peace" logo.

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25 Years of Glorious Service  
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NSS-90214307

**INTERNATIONAL  
DAY OF YOGA 2022**

**SPEAKER**  
**Dr. T Karuna**  
DENTAL SURGEON  
BANGALORE

**Phase 2, Day 3**  
**6 AM-7 AM, 16<sup>th</sup> May**

Ministry of Ayush  
Government of India

75  
Azadi Ka  
Amrit Mahotsav

एक कदम स्वच्छता की ओर

Yoga for Harmony & Peace

The third day of the event started with the introduction of speaker Dr. T Karuna, Dental Surgeon. The event started at 6 am and lasted till 7 am. She talked about the importance of yoga in stress reduction and dental health. A regular yoga practice designed to incorporate stress-relieving poses and medication can significantly reduce stress and help eliminate bruxism and clenched jaw problems. Taking just 20 minutes a day to do some stretching and relaxing yoga problems could give you better oral health and better health in general.

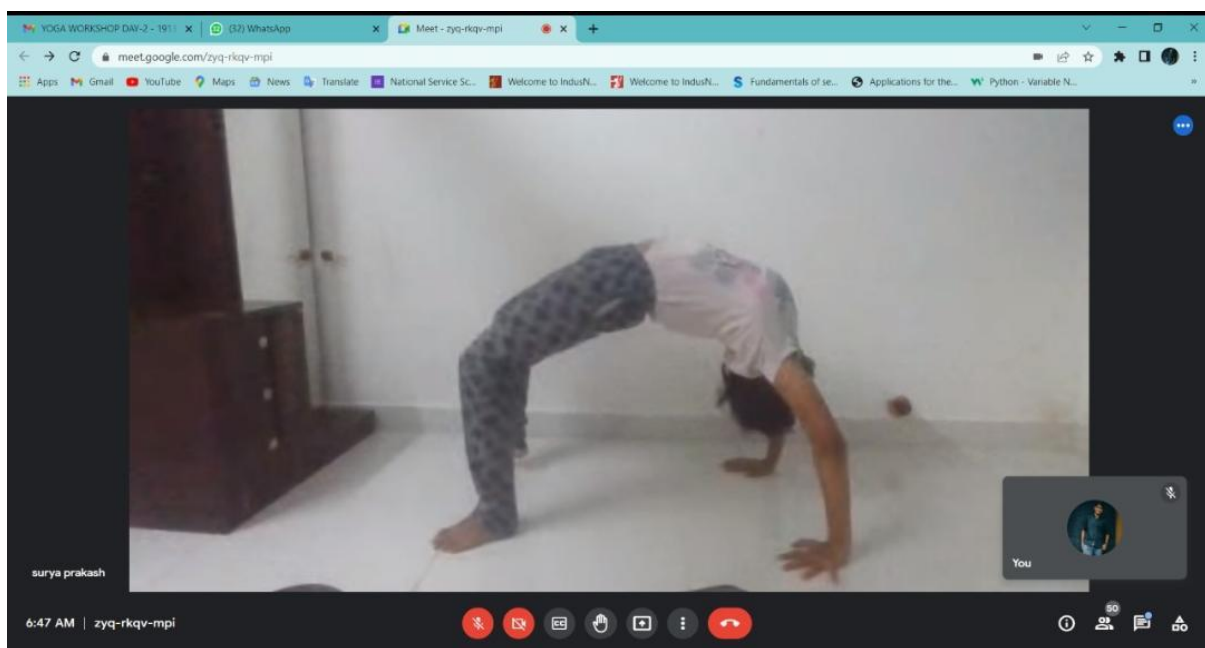




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**Day-4**

The poster is for the International Day of Yoga 2022, Phase 2, Day 4. It features the Gayatri Vidya Parishad College of Engineering (Autonomous) logo at the top left, a 25th anniversary badge, and the CFSR logo at the top right. The college's name and address (Madhurawada, Visakhapatnam-530048) are prominently displayed. A banner in the center reads "25 Years of Glorious Service to the society". Below this, the NSS-90214307 unit number is listed. The main title "INTERNATIONAL DAY OF YOGA 2022" is in large, bold letters. The speaker is identified as Prof. K. V. Ramesh, Department of Chemical Engineering, Andhra University, with a circular portrait. The event details "Phase 2, Day 4" and "6 AM-7 AM, 17<sup>th</sup> May" are clearly stated. The bottom of the poster includes logos for the Ministry of Ayush, Government of India; the 75th Azadi Ka Amrit Mahotsav; the Swachh Bharat logo with the slogan "एक कदम स्वच्छता की ओर"; and the Yoga for Harmony & Peace logo.

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25 Years of Glorious Service to the society

NSS-90214307

**INTERNATIONAL DAY OF YOGA 2022**

**SPEAKER**  
**Prof. K. V. Ramesh**  
DEPARTMENT OF CHEMICAL ENGINEERING  
ANDHRA UNIVERSITY

**Phase 2, Day 4**  
**6 AM-7 AM, 17<sup>th</sup> May**

Ministry of Ayush  
Government of India

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Azadi Ka  
Amrit Mahotsav

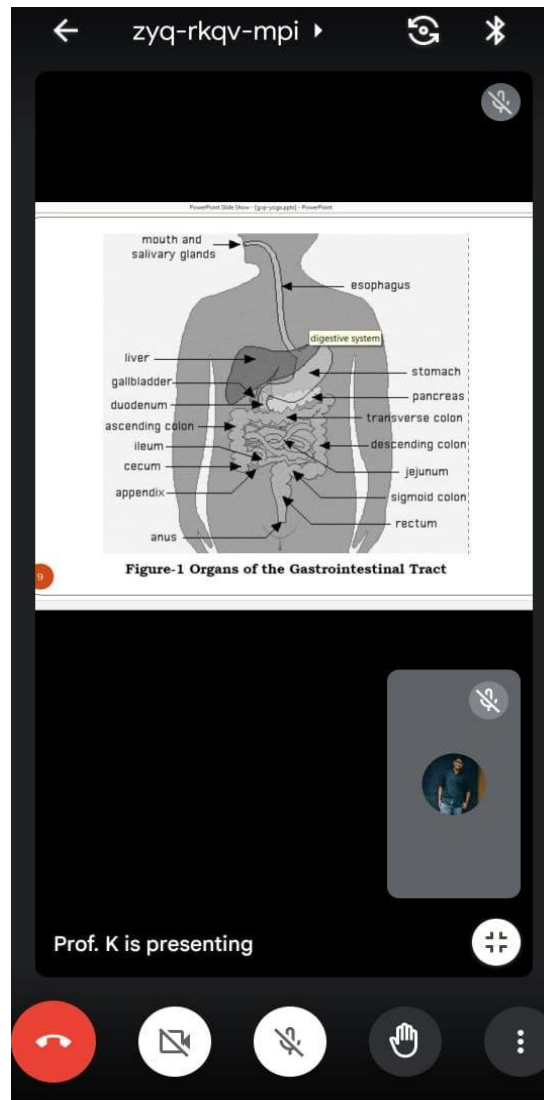
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एक कदम स्वच्छता की ओर

Yoga for Harmony & Peace

The speaker for the fourth day of the event was Professor K. V. Ramesh, Department of Chemical Engineering, Andhra University. He suggested that we should stop using electronic gadgets by 7:30 pm and go to sleep by 9:30 pm and explained about food and its related pH. He said solid food should turn into liquid in the mouth itself for cause of good health. He also said the pH of HCl ranges from 1.5-2.5. He instructed us to take water half an hour before eating which would adjust the pH and to focus on food while eating. He also explained pH is affected when we drink soft drinks, which solidifies the food and in turn can even lead to



diabetes. Finally the talk ended by the words, physical health and mental health together can make any human so active and strong for a better life.





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**Day-5**

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**NSS-90214307**

**INTERNATIONAL  
DAY OF YOGA 2022**

**SPEAKER**  
**Dr. C. V. Nageswara Rao**  
PhD, M.Tech, MIChE, MICS, MIMS  
ASSOCIATE PROFESSOR, DEPT. OF CHEMICAL ENGINEERING  
GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING (A)

**Phase 2, Day 5**  
**6 AM-7 AM, 18<sup>th</sup> May**

Ministry of Ayush  
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Yoga for Harmony & Peace

The speaker for the fifth day was Dr. C. V. Nageswara Rao sir, PhD, MTech, MIICHE, MICS, MIMS, Associate Professor, Department of Chemical Engineering in Gayatri Vidya Parishad College of Engineering, Visakhapatnam. He explained about the importance of Laughter Yoga (Ho Ho Ha Ha Ha). He said Laughter Yoga is a blend of Yogic Breathing and Simple Laughter. He said 10 minutes of laugh can give the benefit of 40 minutes' walk. He said Laughter Yoga would boost the Unregulated BP, increases Hunger and gives good sleep. He also said there are four steps in Laughter Yoga which are Rhythmic clapping, Breathing, Stretching and



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Laughter

exercises.



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

