

# S. R. K. R. Engineering College



(Autonomous)

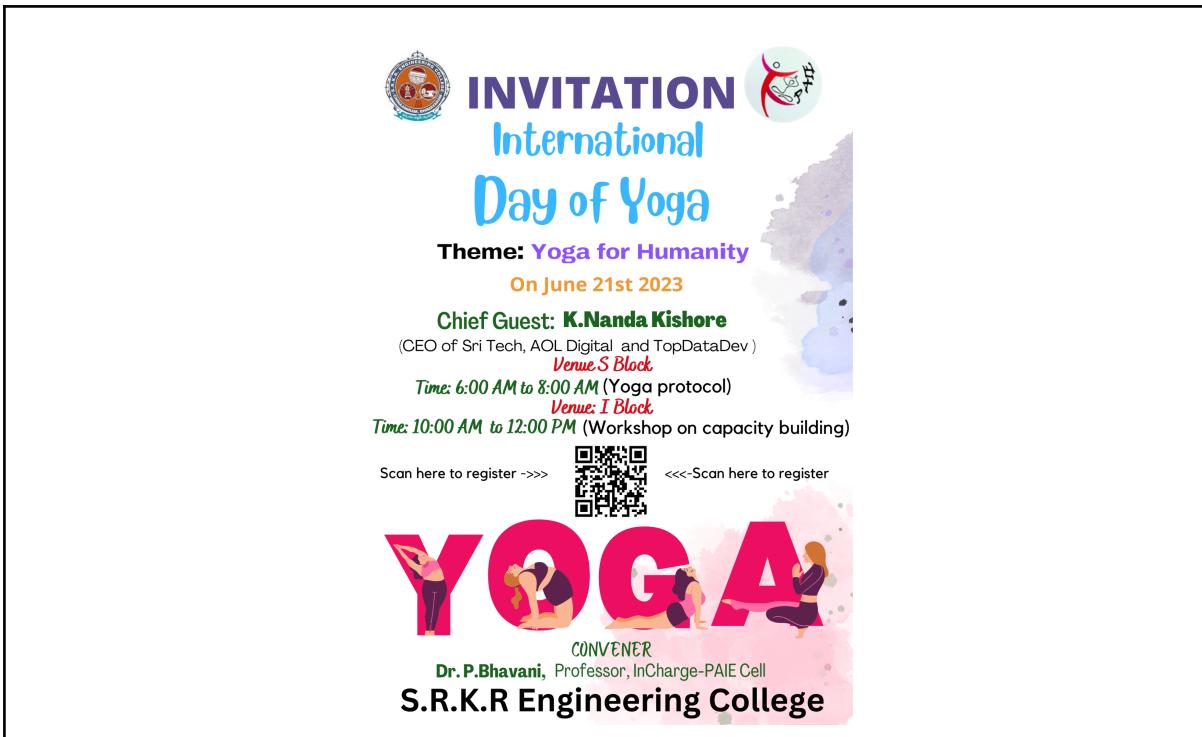
China Amiram, Bhimavaram – 534204



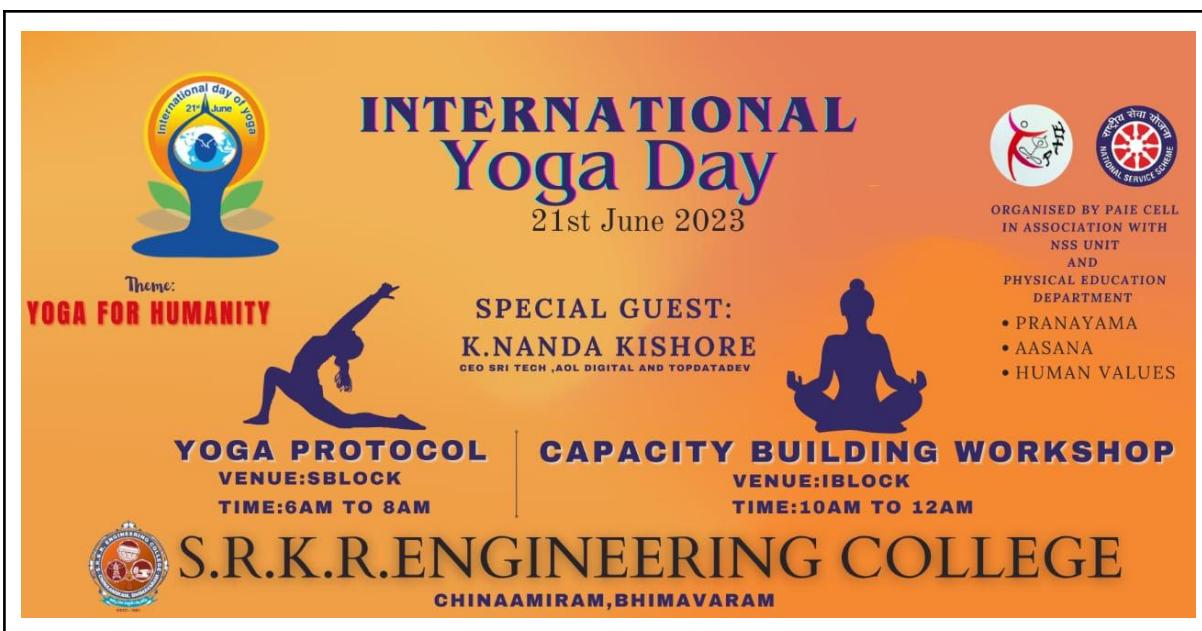
## Report of the Event on “International Day of Yoga”

<b>Event Title</b>	International Yoga Day
<b>Occasion</b>	International Yoga Day
<b>Department Organised</b>	PAIE CELL
<b>Event Date</b>	21/06/2023
<b>Venue</b>	I-Block
<b>Teachers</b>	Dr P Bhavani , P Ramesh raju
<b>A Description of the Event</b>	Yoga is a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness within yourself, the world, and nature.
<b>Participants list</b>	Yes
<b>Event Photos</b>	Yes
<b>Feed back</b>	Yes
<b>Resource person / Chief Guest</b>	K.Nanda Kishore Garu, CEO of Sri Tech,AOL Digital and TopDataDev

## Invitation :



## Banner:



## **Circular:**

**S.R.K.R. ENGINEERING COLLEGE (A): SRKR MARG:  
CHINA-AMIRAM : BHIMAVARAM:**

**C I R C U L A R**

**Date: 19-06-2023**

All the staff and students are hereby informed that, on the eve of International Day of Yoga on 21-06-2023 (Wednesday). In this occasion, the yoga session is being held at S-Block of our campus from 6-00 a.m. to 8.00 a.m. and a workshop is being held on "Capability Building through Yoga" from 10.00 a.m. to 12.00 Noon at I-Block of our campus to organized by PAIE Cell, Physical Education Department and N.S.S. Unit in association with Engineering Chemistry Department of our college.

Sri Nanda Kishore Kandarpa, C.E.O, Sri Tech., A.O.L. Digital, TopDataDev. Will attend the above events as a Chief Guest.

All the interested the students and the staff are requested to participate and get benefited.

*I/C* PRINCIPAL

**Copies to:**

The Principal's Table	The Head, CBR
The Management Office	The Dean, Academics
All the Heads of the Departments (9 Depts.)	The Dean, T&P Cell
The Head, Tech, Centre	The Head, Nanotechnology
The Dean, R&D, WET Centre	The In-charge, Central Library
The Dean, Evaluation (A)	The College Engineer
The Dean, IQAC	The Transport Dept.
The Physical Director	The In-charge, PAIE Cell
The T&P Cell	The In-charge, N.S.S Unit
The In-charge, G.C.C.	Circulation to all class rooms
The Manager, Principal's Office	All Notice boards
The Warden, Hostel Block A,B & C	Principal's Office all sections
Master file	Office File (DPS)

## **Schedule of the program:**

10:15 AM - Event Start

10:20 AM - Dias

10:25 AM - Lighting of Jyothi

10:27 AM - Sangachadwam Song

10:30 AM - Convener report

10:35 AM - Incharge principal sir speech

10:37 AM - NSS Incharge speech

10:39 AM - PD Incharge speech

10:42 AM - P Narasimha Raju Sir Speech

10:52 AM - PPT Presentation

11:00 AM - Introduction of chief guest

11:03 AM - Chief Guest Speech

11:35 AM - Q&A Section

11:45 AM - Experience Sharing of the Students

11:50 AM - Certificates Distribution for the Winners and Participants

11:55 AM - vote of thanks

12:00 PM - End Of the Event

## **SUMMARY:**

Yoga is a spiritual and ascetic discipline, a part of which includes breath control, simple meditation, and the adoption of specific bodily postures which is widely practised for health and relaxation.

Yoga is an invaluable gift of India's ancient heritage. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature. Yoga is a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness within yourself, the world, and nature.

The International Day of Yoga has been celebrated annually on 21 June World wide since 2014. Since its inauguration, millions of people have joined and celebrated yoga and its being. Many NGOs and organisations have done service activities and thousands of people were made aware of the importance of Yoga.

We have celebrated International Yoga Day in our college for the past 6 years and many local governing committees have joined us in making the world a Healthier place.

## **Brief information provided by the Speakers:**

### **1.Bhavani Madam (Incharge PAIE CELL) :**

Today, we come together to celebrate the incredible gift of yoga that has transcended borders and touched the lives of millions worldwide. Yoga, with its holistic approach to wellness, offers us the means to harmonize our bodies, minds, and spirits. It teaches us to be present, to breathe, and to find inner peace amidst the chaos of modern life. As we gather here today, let us embrace the power of yoga, not just as a physical practice, but as a pathway to self-discovery, healing, and unity. Through yoga, we can cultivate compassion, tolerance, and respect for ourselves and others. So, let us unroll our mats, open our hearts, and embark on this transformative journey together, honoring the ancient wisdom that guides us towards a healthier, happier, and more balanced existence

### **2.K.Suresh Babu Garu (Incharge Principal) :**

This global event provides us with a unique opportunity to recognize the immense value of yoga in our lives and its profound impact on our physical, mental, and spiritual well-being. As the incharge principal of this esteemed college, I am delighted to witness the vibrant enthusiasm with which our students and faculty have embraced yoga as an integral part of their lives. Yoga teaches us the art of balance and harmony, guiding us towards a healthier and more peaceful existence. It instills discipline, cultivates mindfulness, and strengthens our connection with ourselves and the world around us. On this auspicious day, let us come together and acknowledge the transformative power of yoga. I encourage each one of you to incorporate this ancient practice into your daily routine, not only for its physical benefits but also for the deep sense of inner calm and clarity it brings. Together, let us embrace yoga as a way of life and spread its message of unity, compassion, and well-being to the entire world.

### **3.Satya Naryana Garu (PD Department) :**

International Yoga Day serves as a powerful reminder of the universal principles and values that yoga embodies, promoting harmony, unity, and inner peace. Through the practice of yoga, we not only nurture our bodies but also cultivate mindfulness, resilience, and compassion. It is a holistic discipline that transcends boundaries, cultures, and religions, offering a path to self-discovery and transformation. Today, as we come together in this collective celebration, let us embrace the ancient wisdom of yoga and integrate it into our daily lives, reaping its numerous benefits and sharing its joy with others. Together, let us embark on a journey of self-improvement, wellness, and unity as we honor International Yoga Day and the beautiful practice that unites us all.

### **4.Krishna Chaitanya Garu (NSS Department) :**

Yoga, an ancient art of harmonizing mind, body, and spirit, holds the power to bring about physical and mental well-being, inner peace, and a deeper connection with ourselves and the

world around us. Today, as we join millions across the globe in observing this day, let us acknowledge the immense benefits that yoga offers, not only on a personal level but also as a catalyst for positive change in our society. Through various workshops, demonstrations, and mass yoga sessions, we aim to create awareness about the transformative power of yoga and encourage its integration into our daily lives. Together, let us embrace this beautiful practice and strive for a healthier, more peaceful world, where compassion and mindfulness guide our actions

#### **5.NarasimhaRaju Garu :**

The International Day of Yoga, celebrated annually on June 21st, is a significant event embraced by our college faculty. As proponents of holistic well-being, our faculty recognizes the transformative power of yoga in fostering physical, mental, and spiritual balance. On this day, students and faculty members come together to partake in yoga sessions, meditation practices, and interactive workshops, promoting mindfulness and self-care. Our college faculty places great emphasis on the importance of incorporating yoga into daily routines, as it enhances concentration, reduces stress, and cultivates a sense of inner harmony. Through the observance of the International Day of Yoga, our faculty encourages students to embark on a journey towards self-discovery and self-improvement, fostering a healthy and balanced lifestyle for all.

#### **6.K.Nanda Gopal Garu (Chief Guest) :**

The International Day of Yoga was officially established by the United Nations General Assembly in 2014, following a proposal made by the Prime Minister of India, Narendra Modi. The resolution received overwhelming support from UN member states, reflecting the global recognition of yoga's positive impact on individuals and communities.

Yoga, originating from ancient India, is an invaluable gift to the world. It is a holistic discipline that unites the body, mind, and spirit, fostering harmony and balance within oneself and with the surrounding environment. The practice of yoga involves physical postures (asanas), breathing exercises (pranayama), meditation, and ethical principles that guide individuals towards a healthier and more peaceful lifestyle.

On the International Day of Yoga, people from all walks of life come together to engage in yoga-related activities, such as mass yoga sessions, workshops, lectures, and demonstrations. These events aim to raise awareness about the numerous benefits of practicing yoga regularly. Yoga not only enhances physical fitness but also promotes mental clarity, emotional well-being, and spiritual growth.

The International Day of Yoga promotes inclusivity, encouraging people of all ages, abilities, and backgrounds to participate. It transcends boundaries, fostering unity and respect among individuals worldwide. By celebrating this day, we recognize the power of yoga to promote peace, harmony, and sustainable development.

As we gather here today, I encourage each and every one of you to embrace the practice of yoga in your daily lives. Incorporating yoga into our routines can bring about positive

transformations, both on an individual and collective level. Let us recognize the immense potential that yoga holds to create a healthier, happier, and more harmonious world

## **FEEDBACK:**

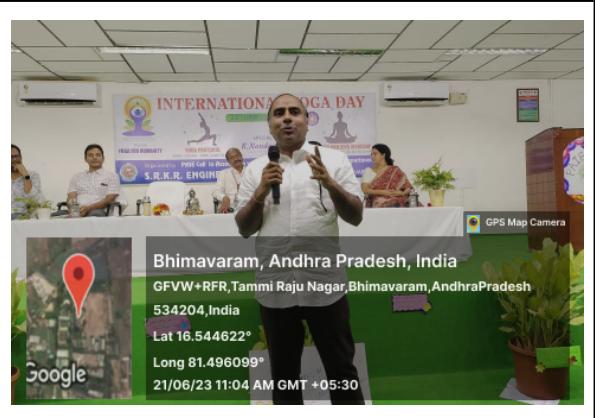
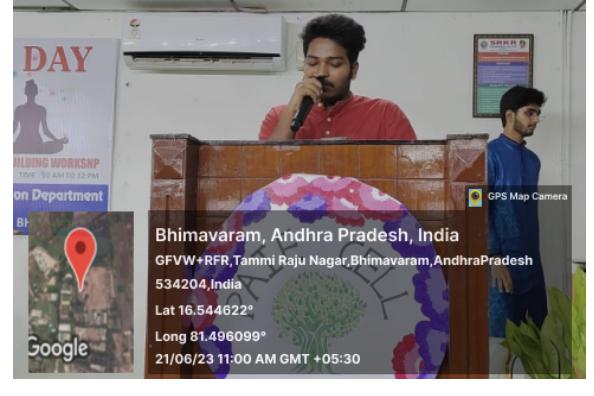
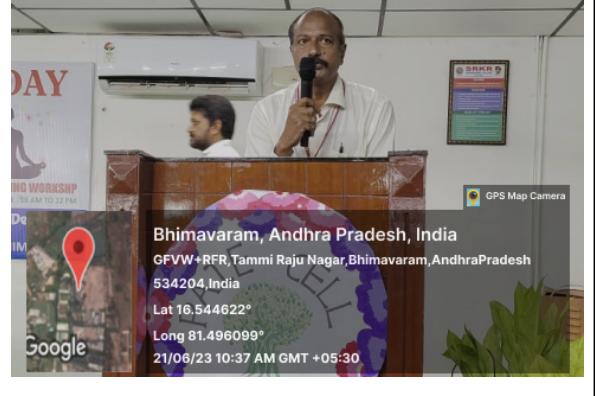
On International Yoga Day, held at our college, a vibrant and successful event celebrated the essence of yoga and its numerous benefits. The event aimed to promote physical and mental well-being among students, faculty, and staff, fostering a harmonious and holistic environment on campus. Here is a summary of the event:

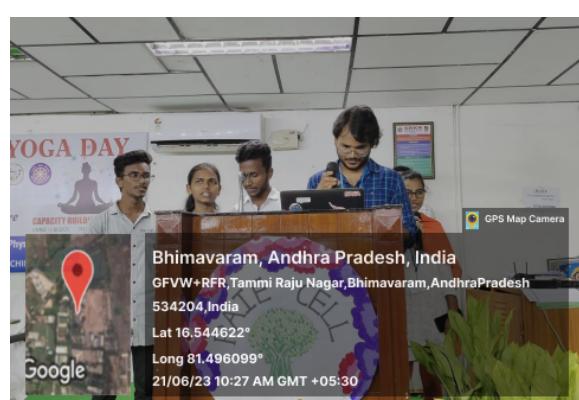
1. Organizers and Participants: The event was organized by the PAIE Club in collaboration with the Physical Education Department. Participants included students, faculty members, and staff from various departments.
2. Venue and Setup: Early Morning, in Yoga Hall,S-Block,Yoga mats were arranged in rows, ensuring everyone had ample space to practice the asanas (yoga poses).In the Morning 10am I-Block is arranged for a gathering of students and faculty to have a meeting about the benefits of Yoga.
3. Inauguration and Address: The event commenced with a brief inauguration ceremony. Dignitaries from the college administration, renowned yoga instructors, delivered an inspiring speech emphasizing the significance of yoga in maintaining a healthy body and mind.
4. Yoga Sessions: In the Early Morning,Expert yoga instructors led the participants through a series of yoga sessions. The sessions included a combination of asanas, pranayama (breathing exercises), and meditation techniques. The instructors demonstrated the poses and guided participants to perform them correctly.
5. Variations and Levels: The yoga sessions catered to participants of different skill levels, ensuring that both beginners and experienced practitioners felt comfortable. Modifications were provided for those with physical limitations, allowing everyone to participate and benefit from the practice.
6. Workshops and Demonstrations: Concurrently, there were workshops and demonstrations held on specific yoga styles.These interactive sessions provided participants with a deeper understanding of the various yoga disciplines and their unique benefits..
7. Refreshments and Networking: During breaks or after the yoga sessions, participants were provided with healthy refreshments like herbal tea, fruit juices, or light snacks. This created an opportunity for networking and casual conversations, fostering a sense of community among attendees.

**8. Closing Ceremony:** The event concluded with a closing ceremony, where the organizers expressed gratitude to the participants, volunteers. Prizes or certificates were awarded to outstanding participants or those who actively contributed to the event's success.

Overall, the International Yoga Day event at our college successfully promoted the practice of yoga and its numerous physical, mental, and spiritual benefits. It created a positive and inclusive environment, encouraging individuals to adopt a healthy lifestyle and embrace the transformative power of yoga in their daily lives.

### Event Photos:

 <p>Bhimavaram, Andhra Pradesh, India GFVW+RFR, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.544622° Long 81.496099° 21/06/23 10:44 AM GMT +05:30</p>	 <p>Bhimavaram, Andhra Pradesh, India GFVW+RFR, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.544622° Long 81.496099° 21/06/23 11:04 AM GMT +05:30</p>
<p>Narasimharaju Garu Addressing our students</p>	<p>Nanda Gopal Garu Addressing our Students</p>
 <p>Bhimavaram, Andhra Pradesh, India GFVW+RFR, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.544622° Long 81.496099° 21/06/23 11:00 AM GMT +05:30</p>	 <p>Bhimavaram, Andhra Pradesh, India GFVW+RFR, Tammi Raju Nagar, Bhimavaram, Andhra Pradesh 534204, India Lat 16.544622° Long 81.496099° 21/06/23 10:37 AM GMT +05:30</p>
<p>Our fellow student introducing about our chief guest</p>	<p>Incharge Principal Sir addressing our students</p>



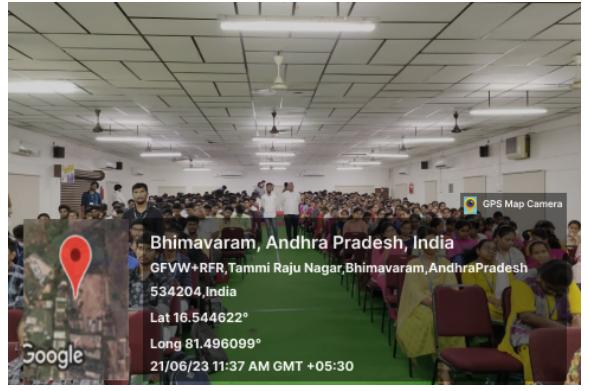
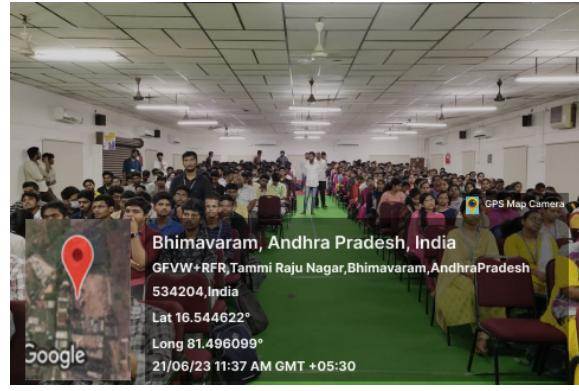
Our fellow students singing prayer song

Our fellow student honoring Bhavani Madam



Our fellow student hosting the eve

Our fellow student honoring PD sir



Participants View

Participants View

## **Report about our event in Newspaper :**



భీమవరం, జాన్ 21, పక్క తోట పత్రినిది  
 నిరంతరం యోగ సాధన తో మంచి అలోచనలు, జ్ఞాన శక్తి, క్రియ శక్తి లభించి  
 అనుకున్నవి సాధించగలరని దెంగటూరుకి తెందిన శక్తి ప్రక్క సీపిక అండ్ ఫొండర్  
 , ఆర్ అష్ విలింగ్ శిక్షణలో జీబియాస్యాలో సేవల అందిస్తున్న కె సందకిస్టోర్  
 అన్నారు. భీమవరం ఎన్ అర్ కె అర్ ఇంజనీరింగ్ కొశాలలో అంతర్జాతీయ  
 యోగా దినోభృతం సందర్భంగా జరిగిన కార్బూక్మాలు ఆయన ముఖ్యాతిథిగా  
 పాల్గొన్ని యోగ, వ్యక్తిగత విచాసం పై యువతను వైశస్యం చేశారు. ప్రపంచానికి  
 భారత యోగ అదర్శియుమన్నారు. క్రమ వ్యవస్థలో నిరంతరం యోగ సాధన చేస్తే  
 యోగ సాధకుడు సాధించవేసి ఏమీ ఉండడని ఆయన నెక్కి చెప్పారు. యోగ సాధకుడు  
 ప్రకృతితి ప్రేమించాలని, తన జీవన వైలింగ్ కొంతైనా తోచి వారికి  
 సహయుక్తాగా ఉస్సుపుచే పరిపూర్వ సాధించి అనుకున్న లక్ష్యాలు అందుకోలగల  
 అన్నారు. సారంశేతక విచ్ఛిను లేని రోజుల్లోనే మంచి సంస్కలు ప్రారంభించి ఖాచి  
 భారత పౌరులను తీర్చిద్దాలని మంచి అలోచనల పూర్వతన కాలంలో పెదలకు  
 రావడం వల్లనే ప్రపంచానికి అదర్శవంతమను, మేఘావులను అందించగలి  
 గామన్నారు. కార్బూక్మానికి అధ్యక్షత వహించిన కొశాల ఇంచార్ట్ స్ట్రిప్పాల్  
 డాక్టర్ కే సరేష్ బాబు మాట్లాడుగు గత కొన్ని సంవత్సరాలూ తమ కొశాలలో  
 ప్రపంచ యోగ దినోభృతాన్ని ఘనగా నిర్వహిస్తూన్నామన్నారు. కొశాల కెమ్మిట్లే  
 పోతా, యోగ ఇస్క్యూ డాక్టర్ పి భావాని మాట్లాడుతూ ప్రతి సంవత్సరం తమ  
 కొశాల విద్యార్థులకు కెపాసిటీ లిభింగ్, ఎన్ ఫ్లాంక్ కోర్సులు, నిత్యం యోగ  
 కార్బూక్మాలు విర్మాటు చేయడం వలన ఉత్సుక భవితాలు సాధించి తల్లితండ్రు  
 లకు, కొశాలం మంచి ఖ్యాతి తెచ్చి పెడుతున్నానీ అపే పేర్కొన్నారు. కొశాల  
 పీపుల్ అసోసియేషన్ ఫర్ ఇన్స్ట్రుక్చరల్ ఇంజనీరింగ్ (పిఎిఎఱ), ఫిలికల్ ఎడ్యూకేషన్,  
 ఎన్వెన్సెన్ విభాగం సంయుక్త అధ్యయనంలో జరిగిన ఈ కార్బూక్మంలో ఫిలికల్  
 డైరక్టర్ ఫి సత్యారాయిడ రాజు, ఎన్వెన్సెన్ ఇంచార్ట్ డాక్టర్ అర్ క్రష్ణ  
 వైశస్య కొశాల పూర్వవ్య శ్రీలేరియం పి నరసిం హరాజు, యోగా త్రినర్ పి  
 రమేష్ రాజు తిడితరులు పొల్చొన్నారు. ఈ సంద ర్ంగంగా విచార్యాలకు కెపాసిటీ  
 లిభింగ్ పై నిర్వహించిన పోలీటో విజేషతలకు బహు మతులు అందజేశారు.



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**Participants:**

[Click here to get the participants list](#)