



S. R. K. R. Engineering College

(Autonomous)

China Amiram, Bhimavaram – 534204



Report of the Event on “Daily yoga 2019 -2020”

Event	Daily yoga 2019 -2020
Occasion	DAILY YOGA
Department Organised	PAIE CELL
Start date	09/08/2019
End date	04/05/2020
Venue	I - Block
Teachers	Dr P Bhavani , P Ramesh raju
Description of the Event	
Participants list (excel sheet link)	Yes (Click me to see the participants list)
Event Photos	Yes (provided below)
Resource person / Chief Guest	Dr M. Jagapathi Raju, Principal, SRKREC, Bhimavaram

SAGI RAMA KRISHNAM RAJU ENGINEERING COLLEGE (A)
CHINNA AMIRAM(P,O)::BHIMAVARAM::W.G.Dt.,A.P.,INDIA::PIN:534204

CIRCULAR

Date: 09-08-2019

All the students and faculty are informed that a daily yoga facility (for students, faculty, and people of bhimavaram) is being provided in our college by PAIE cell, at the campus auditorium (I-101) from 5:30 AM every day.

All interested students and faculty are hereby advised to utilize this opportunity. For any queries contact Dr. P. Bhavani, Assistant Professor, Chemistry Department and Sri P.Ramesh Raju Yoga Trainer SRKR engineering College



PRINCIPAL

PRINCIPAL
S.R.K.R. Engg. College
BHIMAVARAM-534 204

C.C. to

The Secretary cum Correspondent, for information
The Principal Table
All Heads of the Departments
The Incharge, PAIE cell
The Incharge, WEC
The Dean, R&D, WET Centre
The Physical Director,
The Incharge, Central Library
The Hostel Wardens
All notice boards
The Incharge Construction Department

SUMMARY

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

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.

Yoga is considered to be an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body, and soul to a step closer to enlightenment. As the practice became popular in the west, it became popularized as an exercise and relaxation method, with claims to help the body's general well-being and alleviate physical injuries and chronic pain.

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; 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. Changing our lifestyle and creating consciousness, can help in well-being. Let us work towards adopting an International Yoga Day.

EVENT PHOTOS



Right stretch of the spine



Doing warmups at s block before meditation



Bhujangasana



Bhujangasana



Pavana mutha assan with left leg



Right stretch



Veera badra assan



parvatasana

PARTICIPANTS LIST :

18B91AD018 34	V. Ilankima	2nd Civil	6:10	
19B91AD029 35	K. Arinash	1st Civil	6:10	
19B91AD004 36	A. Sandeep	1st ECE	6:10	
19B91AD058 37	B. Naveen	1st CSF	6:10	
17B91AD029 38	B. Balaji	2nd EEE	6:10	
19B91AD2P4 39	P. Chandini	1st IT	6:10	
18B91AD029 40	K. Vinay Teja	2nd EEE	6:10	
18B91AD020 41	N. Atantha	IT	6:10	
19B91AD013 42	B. Pradeep	Civil	6:10	
19B91AD021 43	B. Kishore	EEE	6:10	
19B91AD067 44	R. Chandu	EEB	6:12	
19B91AD083 45	G. Anil Rao	IT	6:12	
18B91AD035 46	K. Nandini	ECE	6:12	
17B91AD031 47	B. Gopal Rao	Mech	6:12	
19B91AD256 48	G. Taram Sai	EEE	6:12	
19B91AD290 49	G. Krupa Pal Vhas	EEB	6:12	
19B91AD053 50	V. K. S. L. Gayatri Devi	EEB	6:12	
19B91AD025 51	A. Gunna Savanya	CSF	6:12	
19B91AD1843 52	P. Sathwik Reddy	Civil	6:12	
19B91AD054 53	N. Madhewi	IT	6:15	
19B91AD0184 54	A. Devarna Sri	CSF	6:15	
19B91AD033 55	N. Sai Kumar	Civil	6:15	
19B91AD010 56	M. Sri Sai Parav	Mech	6:15	
19B91AD12A2 57	S. Shanthi	EEE	6:15	
19B91AD02913 58	N. Parav Kumar	IT	6:15	
19B91AD0506 59	M. Dhruvash	Mech	6:15	
19B91AD0505 60	M. Siva Parav	Mech	6:15	
19B91AD0461 61	A. Sai Krishna	CSF	6:15	
18B91AD029 62	H. Prashu Teja	Mech	6:15	
18B91AD020 63	M. Sevi Vyshnavi	EEE	6:15	
18B91AD0140 64	V. Sahith	IT	6:15	
18B91AD0224 65	S. Geeta Rayha	Civil	6:15	
18B91AD1216 66	Naga Manilanta	Civil	6:15	

AB11AD0254 57	G. Sai Ram	EEF	6:20
19B71AD187 68	K. Manusa Rao	Civil	6:20
19B91AD0237 69	K. Pani	EEE	6:20
19B91AD0316 70	M. Satish	Mech	6:20
19B91AD0278 71	K. Sujan	EEE	6:20
19B91AD0205 72	A. Netaam Kumar	IT	-6:20
19B91AD285 93	Henika	IT	6:20
19B91AD054 94	M. Suny	ECF	6:20
AB11AD178 95	K. Devlakas	civil	6:20
19B91AD0FFA 96	K. Avinash	civil	6:20
19B91AD027 77	K. Sarath	civil	6:20
19B91AD0127 78	K. Nirmala	EEE	6:20
19B91AD0308 79	N/L. Ramadesigula	IT	6:20
19B91AD0412 80	A. Mohonai Reddy	Mech	6:20
19B91AD041 81	K. S. S. V. S. Ganesh	IT	6:25
19B91AD0181 82	V. Kiran	Civil	6:25
19B91AD0181 83	D. Ishana	CSF	6:25
19B91AD0158 84	S.K. Bushnuddin	CSF	6:25
19B91AD0260 85	M. Rahuakkallah	CSF	6:25
19B91AD0309 86	B. Dinesh Kumar	EEE	6:25
19B91AD0123 87	K.L. Sai Swapna	Civil	6:25
19B91AD0152 89	K. Dhan Raj	Mech	6:25
19B91AD0183 90	P. Sandeep Alaidu	IT	6:28
19B91AD0545 91	K. Sai Krishna	EEE	6:28
19B91AD0028 92	B. Sriya	Civil	6:28
19B91AD0529 93	K. Devi Prasad	CSF	6:30
19B91AD0281 94	Vasanni Srinsha	EEE	6:30
19B91AD084 95	H. Bhaskar	IT	6:30
19B91AD0851 96	G. Moumika	Civil	6:30
19B91AD1284 97	V. Anusha	Mech	6:30
19B91AD0291 98	Murali Krishna	CSF	6:30
19B91AD0185 99	K. Savanya Deepika		

INCHARGE

PAIE

17/6/2019

18B91A0246	1	Sai Suraroop	BEE	6:06
	2	P. Ramesh Raju	Trainer	6:06
	3	P. Bhavani	Chemisy	6:06
	4	K.S.S. Prasad Raju	EEE	6:06
	5	Narasimha Raju	Librarian	6:06
	6	V.M.N.GSVKR Gupta	CSE	6:06
18B91A0118	7	V. Mahima	Yu Civil	6:01
19B91A0179	8	R. Arinash	ECE	6:03
19B91A0004	9	A. Sandeep	ECE	6:03
19B91A00518	10	B. Naveen	CSE	6:03
19B91A0229	11	B. Balaji	EEE	6:03
19B91A1204	12	P. Chandini	IT	6:04
19B91A0293	13	K. Vinay Teja	EEE	6:04
19B91A1280	14	N. Akashtha	IT	6:05
19B91A0113	15	B. Pradeep	Civil	6:05
19B91A0023	16	B. Bishore	EEE	6:05
19B91A0211	17	V. Chandu	EEE	6:05
19B91A0267	18	S. Abdul Rao	IT	6:05
19B91A1283	19	R. Nandini	ECE	6:05
19B91A0035	20	B. Gopal Naidu	Mech	6:05
19B91A0289	21	S. Tarun Sai	EEE	6:05
19B91A0255	22	G. Kripa Pal Vilas	ECE	6:05
19B91A1290	23	V.L.S.L. Gayatri Devi	EEE	6:05
19B91A00503	24	A. Gunja Savanya	CSE	6:05
19B91A005	25	P. Satishwink Reddy	Civil	6:05
19B91A1283	26	N. Madhavi	IT	6:05
19B91A0574	27	A. Suman Sri	CSE	6:05
19B91A0184	28	N. Sai Kumar	Yu Civil	6:05
19B91A1248	29	M. Sri Sai Pavan	Mech	6:05
19B91A0000	30	S. Shanti	EEE	6:05
19B91A0242	31	N. Pavan Kumar	IT	6:06
19B91A0309	32	M. Dhanysh	Mech	6:06
19B91AD350	33	M. Siva Ram	Mech.	6:06

19B91A0505 34	A. Sri Krishna	Mech	6:07
17B91A0824 35	M. prathee Teja	EEE	6:07
18B91A0827 36	M. Sevi vishnuv	IT	6:07
18B91A1820 37	Shankth. V	Civil	6:07
18B91B0140 38	S. Gouse Bashe	Mech	6:07
18B91A0324 39	Jatynarayana - B	IT	6:08
19B91A1218 40	B. Pravanna Sri	BCF	6:08
19B91A1219 41	B. Ganesh	CSF	6:08
19B91A1227 42	M. venkatesh	IT	6:08
19B91A0418 43	B. Sri vamsi	EEF	6:08
19B91A0432 44	B. Hanudhara	ECF	6:08
19B91A0212 45	T. farzadnai Sri	BCF	6:10
19B91A0110 46	P. yaswanth	Civil	6:10
19B91A0348 47	V. Bhargav	Mech	6:10
19B91B0110 48	D. venkatesh vamsi	EEE	6:10
18B91A0222 49	K. Anjali	EEE	6:10
18B91B0137 50	S. Bhargav	civil	6:10
19B91A1241 51	D. M.V. Ganesh	IT	6:10
19B91A0516 52	DGVS Ajay Kumar	CSF	6:10
19B91A2210 53	V. Niharsilka	ECF	6:10
18B91B0151 54	Y. Lakshmi	civil	6:10
19B91A1228 55	B. Praveen	IT	6:10
19B91A0545 56	D. Noga Swapna	CSF	6:10
19B91A0205 57	A. Bhargavi	CSF	6:12
18B91A0308 58	B. Vijay Babu	Mech	6:12
19B91A0140 59	M.A. Abbas bathamini	Civil	6:12
19B91A0264 60	RNS pandu Ranga Rao	EEE	6:12
18B91A0533 61	D. Ramesh	CSF	6:12
19B91A1297 62	M. venkatesh	IT	6:12
18B91A1293 63	N. prem bunes	EEE	6:12
18B91A0285 64	K. Balaji	IT	6:12
19B91A0054 65	B. Neeru	CSF	6:13
19B91A1227 66	V. Bhargav	IT	6:13

19371AD05 67	T. Venkata varosi	Civil	6:00
19371AD09 69	N. Jescara Raju	IT	6:15
19371AD0367	R. Sravya	CSE	6:15
19371AD0270	V. Yashawini	CSE	6:15
19371AD1271	S. Icaaya	IT	6:15
19371AD1272	P. Priyamba	EEE	6:15
19371AD02673	Naga Namikanta	Civil	6:15
19371AD025474	Sai Ram	EEE	6:15
19371AD03725	K. Mansuwa Rao	Civil	6:15
19371AD02476	R. Roni	EEE	6:15
19371AD02677	M. Sathish	Mech	6:15
19371AD02878	K. Sugan	EEE	6:15
19371AD02579	A. Neetam Kumar	IT	6:15
19371AD02180	Harilal	IT	6:15
19371AD025381	M. Suny	ECE	6:20
19371AD27782	K. Devabous	Civil	6:20
19371AD02883	K. Avineesh	Civil	6:20
19371AD04184	Sanath	Civil	6:20
19371AD02185	Nimula. k	EEE	6:20
19371AD01486	M. Romaduguuleri	Mech	6:20
19371AD02887	A. Manohar Reddy	CSE	6:20
19371AD02888	K SSVS Ganesh	Civil	6:25
19371AD02989	V. Kiran	Civil	6:25
19371AD12390	Hema	ECE	6:25
19371AD05291	S. Bushnuddin	IT	6:25
19371AD02892	M. Rchabullah	Mech	6:25
19371AD02493	B. Dinesh Kumar	IT	6:27
19371AD0252894	K.L. Sri Swapna	Civil	6:27
19371AD02995	K. Dharmraj	Civil	6:27
19371AD02896	P. Sandeep Alandu	CSE	6:27
19371AD02897	K. Sai Krishna	CSE	6:30
19371AD02698	B. Sravya	CLF	6:30
19371AD02499	K. Devi prasad	EEE	6:30

INCHARGE

R.B.S

PAIE