

# S. R. K. R. Engineering College



(Autonomous)

China Amiram, Bhimavaram – 534204



## Report of the Event on “ YOGA FOR HUMANITY ”

<b>Event Title</b>	YOGA FOR HUMANITY Workshop
<b>Occasion</b>	INTERNATIONAL YOGA DAY and FIT INDIA CHALLENGE
<b>Department Organised</b>	PAIE CELL
<b>Start date</b>	11/06/2022
<b>End date</b>	13/06/2022
<b>No of days</b>	3 days
<b>Venue</b>	ASR HOMOEOPATHY COLLEGE , Tadepalligudem
<b>Workshop Teachers</b>	Dr P Bhavani , P Ramesh raju
<b>A Description of the Event</b>	Yoga for health brought awareness of pranayamas and Universal Human Values
<b>Participants list</b>	Yes (Click me to see the participants list)
<b>Event Photos</b>	Yes (provided below)
<b>Feed back</b>	Yes (Click me to see the participants feedback)

**Pranayama's**

- Kapalbhati Pranayama** forehead shining, making us more resilient to face challenges.
- Bhastrika Pranayama** Drains excess phlegm from the lungs.
- Bramari Pranayama** Instant relief from tension, anger and anxiety.
- Agnisar Pranayama** Regulating and purifying the Manipura chakra
- Anuloma Viloma Pranayama** Improve cardiovascular function and stress reduction.
- Ujjayi Pranayama** Victorious breath, ocean breathing.

**YOGA FOR HUMANITY** was coined for the first time by Ministry of Ayush India as the theme for the year 2022 as a part of it Under Ministry of Ayush AICTE have launched a challenge called **FIT INDIA CHALLENGE** which aim for bringing awareness and spread the importance of humanity and yoga in our life. We proudly proclaim that our college is awarded as the winner in this nationwide competition.

**y o g a  
for Humanity**  
LET'S MOVE TOGETHER

With the inspiration of **FIT INDIA CHALLENGE**, we take this forward by designing a workshop titled **YOGA FOR HUMANITY**, which is amalgamated with the amazing "AICTE FIT INDIA CHALLENGE – III" protocol and wonderful life hacks in "UNIVERSAL HUMAN VALUES."

**Workshop Content** *Yoga for humanity*

Thirty minutes "FIT INDIA CHALLENGE" protocol two and half hours "UNIVERSAL HUMAN VALUES"

**Day : 1**

- Yoga, Pranayama & Meditation.
- Needs for value Education.
- Basic aspiration of Human, feeling of Happiness and Prosperity
- Fulfillment of Human being (Physical Facility, Relationships, Right Understanding)

**Day : 2**

- Yoga, Pranayama & Meditation.
- Understanding Harmony in human being.
- Activity in self(natural acceptance)
- Harmony of self with body

**Day : 3**

- Yoga, Pranayama & Meditation.
- Justice and Feelings in relationships
- Harmony in family, society, nature and existence

## Summary

Yoga is an ancient practice that originated in India and has been passed down through generations as a means to attain physical, mental, and spiritual balance. It involves a series of postures, breathing exercises, and meditation techniques that help to increase flexibility, improve posture, reduce stress, and promote overall well-being.

The practice of yoga has gained popularity around the world, and many people have adopted it as a way to improve their health and quality of life. In recent years, there has been a growing movement to use yoga as a means to promote social justice and humanitarian efforts.

This movement, known as "yoga for humanity," seeks to leverage the power of yoga to address social issues such as poverty, inequality, and environmental degradation. Through various initiatives such as community yoga classes, fundraising events, and advocacy campaigns, yoga practitioners are working to make a positive impact on their communities and the world.

Overall, the practice of yoga has the potential to not only improve individual health and well-being but also contribute to broader social and humanitarian efforts for the students.

## Event Photos



Day one , Introducing Yoga for Humanity workshop in ASR Homeopathy College



Chair pose

Warm ups & Jogging



Introducing the participation of SRKR as a part of workshop



Kapalbhati pranayama



Students listening to the knowledge about yoga and human values



Bhramari pranayama



Anulom vilom Pranayama



Maha mudra relax pose



Students present a gift as plants to the bhavani mam garu & ramesh garu



Feedback by the students of ASR HOMEOPATHY COLLEGE- Tadepalligudem



Student of ASR Junior College , sharing her experience of the workshop

## Summary

The event began with warm welcomes and invitations, followed by the "Fit India Challenge Protocol" and a day-to-day plan based on Universal Human Values. sessions went on with fun and knowledge. It was filled with the joy and enthusiasm of students, and the participation of students made it more interactive and deep. They are provided with need of value education and their understanding in harmony in human beings, handling relationships and maintaining harmony within.