

S. R. K. R. Engineering College



(Autonomous)

China Amiram, Bhimavaram – 534204



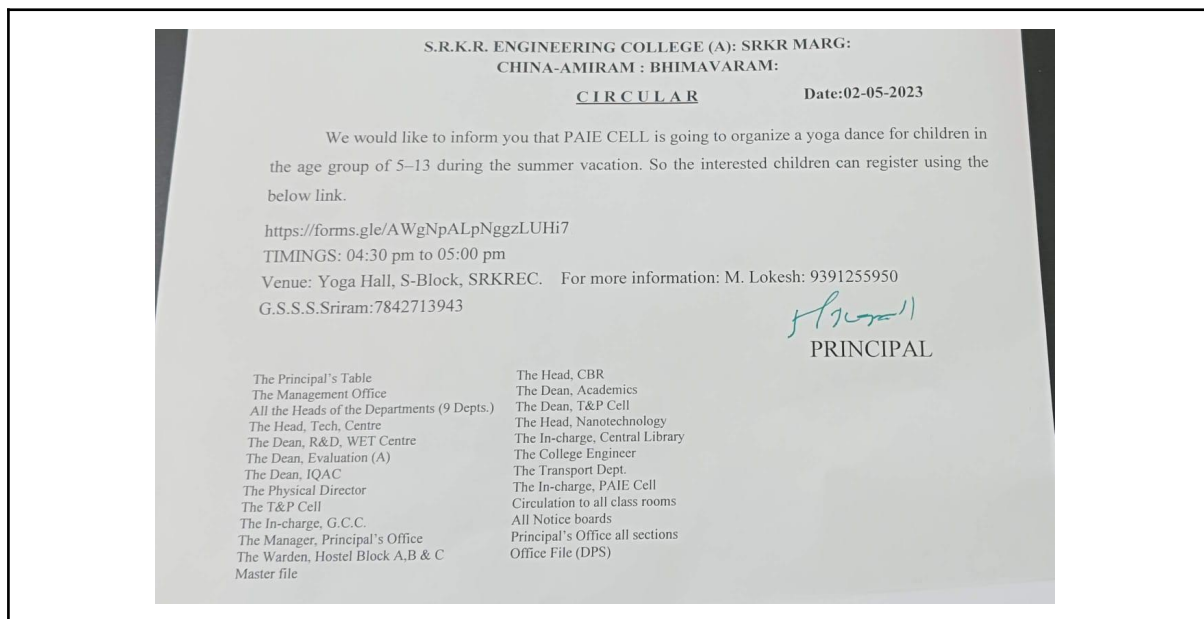
Report of the Event on "YOGA DANCE"

Event Title	Yoga Dance
Department Organised	PAIE CELL
Start date	03-05-2023
Venue	Yoga Hall,S-Block
Teachers	Dr P Bhavani , P Ramesh raju
Volunteers Organized	G.S.S.S.Sriram,M.Lokesh,Vamsi Krishna
Summary	Yes (provided below)
Participants list	Yes (provided below)
Event Photos	Yes (provided below)

Event Poster/Brochure:



Circular:



Summary:

The Yoga Dance Extravaganza held at SRKREC was an incredible fusion of yoga and dance that mesmerised the audience and showcased the talents of the college community. The event aimed to promote physical and mental well-being through a harmonious blend of yoga postures and artistic expression.

The event commenced with an introduction to the concept of yoga dance, highlighting its ability to combine the grace and fluidity of dance movements with the mindfulness and tranquillity of yoga. It emphasised the holistic benefits of the practice, such as improved flexibility, balance, and stress reduction.

The participants, consisting of both students and faculty members, took the stage in mesmerising performances that seamlessly integrated yoga poses into choreographed routines. Each performance exuded creativity and elegance, reflecting the unique styles and interpretations of the participants. The dances were set to a diverse range of music, including traditional tunes, contemporary tracks, and even fusion compositions.

The event also featured professional yoga instructors and dance experts who provided insightful demonstrations and interactive workshops. Attendees had the opportunity to learn basic yoga postures, breathing techniques, and simple dance movements. These workshops aimed to inspire and encourage individuals to incorporate yoga and dance into their daily lives, promoting a healthier and more balanced lifestyle.

The Yoga Dance Extravaganza generated a tremendous amount of enthusiasm and engagement from the college community. It served as a platform for students and faculty members to showcase their talents, fostering a sense of unity and creativity within the campus. The event also encouraged the exploration of alternative forms of exercise and self-expression, highlighting the importance of holistic well-being.

The success of the event has paved the way for future yoga and dance collaborations at SRKREC. The Yoga Dance Extravaganza undoubtedly left a lasting impression on the attendees, inspiring them to continue exploring the harmonious integration of yoga and dance as a means of promoting overall wellness.

Overall, the Yoga Dance Extravaganza at SRKREC brought together the power of yoga and the artistry of dance, creating a captivating and uplifting experience for all participants and spectators.

Event Photos:

	
<p>Kids learning the dance</p>	<p>Kids learning the dance</p>
	
<p>Our Co-students encouraging kids</p>	<p>Children participating with joy</p>
	
<p>Volunteers making the kids to learn dance</p>	<p>Volunteers making the kids to learn dance</p>

Participants:

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