



SRI VASAVI ENGINEERING COLLEGE **(AUTONOMOUS)**



(Sponsored by Sri Vasavi Educational Society)

**(Approved by AICTE, New Delhi & permanently affiliated to JNTUK, Kakinada)(Accredited
by NBA & NAAC with 'A' Grade ,Recognized by UGC under section 2(f) & 12(B))Pedatadepalli,
Tadepalligudem – 534 101. W.G.Dist.(A.P.)**



Report On

An Online Celebration of 7th International Yoga Day

(<https://us02web.zoom.us/j/85172798223>)



SRI VASAVI ENGINEERING COLLEGE (AUTONOMOUS)

Pedatadepalli, Tadepalligudem – 534 101. W.G.Dist.(A.P.)



About our Institution:

SRI VASAVI ENGINEERING COLLEGE (AUTONOMOUS) stands among the top engineering colleges in the state of Andhra Pradesh. It was established in the year 2001 by Sri Vasavi Educational Society consisting of a group of educationists, industrialists and philanthropists with a desire to share the responsibilities of the society for the development of quality technical education. The college is offering U.G (B.TECH), PG (M.TECH , MBA) and Diploma(polytechnic) programmes.

The College is Located at Pedatadepalli, a peaceful and pollution-free location, 5 km away from the main town Tadepalligudem, West Godavari District. The town is well known as the commercial hub of coastal Andhra Pradesh and is well connected by road (NH16) and rail (Chennai to Kolkata). The College has a spacious campus of 32 acres surrounded by verdant fields and coconut groves.

The college has been continuing its journey with the help of a good number of Doctorates, well experienced and highly qualified faculty, research activities, very modish infrastructure, excellent placements and social service perspective. The college has nearly 4000 students. The accreditations of NBA and NAAC(A) are testimony of the all-round quality performance of the college.

VISION:

To be a premier technological institute striving for excellence with global perspective and commitment to the Nation.

MISSION:

- To produce Engineering graduates of professional quality and global perspective through Learner Centric education.
- To establish linkages with government, industry and Research laboratories to promote R&D activities and to disseminate innovations.
- To create an eco-system in the institute that leads to holistic development and ability for life-long learning.

International Yoga Day 2021

Here Is All We Need To Know

- **Yoga** is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. **The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.**
- International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world.
- According to the Ministry of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa and Homoeopathy (AYUSH), yoga is a physical, mental and spiritual practice.
- It said that yoga plays an important role in relaxing the mind and body and boosting people's immune system.

International Yoga Day 2021

Here Is All We Need To Know

- The **World Health Organization (WHO)** has mentioned Yoga as a means to improve health in its Global Action Plan for physical activity 2018-30.
- **UNICEF (United Nations Children's Fund)** says children can practice many yoga poses without any risk and get the same benefits that adults do.
- These benefits include increased flexibility and fitness, mindfulness and relaxations.
- Yoga also encourages people to remain active and have a more balanced state of mind.
- Yoga has long been known as a holistic medium to achieve health and wellbeing.
- The Covid-19 pandemic has further put the spotlight on the myriad benefits of yoga. Practicing yoga can boost respiratory health and immunity post Covid

International Yoga Day 2021

A Brief History

The concept of International Day of Yoga was first proposed by Indian Prime Minister Narendra Modi during his speech at the United Nations General Assembly (UNGA), on September 27, 2014.

The UNGA on December 11, 2014, adopted a draft resolution, declaring June 21 as International Yoga Day which was supported by about 177 countries.

Next year, on June 21, 2015, the world celebrated the first International Yoga Day.

International Yoga Day 2021

Theme

According to the United Nations, the theme for International Yoga Day 2021 is **'Yoga for Well-Being'** and how the practice of Yoga can promote the holistic health of every individual.

International Yoga Day 2021

Celebrations And Activities

On the occasion of International Yoga Day the Management, Principal ,Staff and Students of Sri Vasavi Engineering College came together to celebrate the event with great enthusiasm.

The NSS unit, Sri Vasavi Engineering College,Pedatadepalli, Tadepalligudem, West Godavari District,Andhra Pradesh celebrated the 7th International Yoga Day in online on 21/06/2021.

The program received a tremendous response from the people within and outside of Sri Vasavi.

300 attended in zoom meeting ,**270** viewed though YouTube live link and **382** viewed through the recorded video of the event which was uploaded in the college YouTube .

A total of 952 people benefited instantly from this program.

International Yoga Day 2021

Celebrations And Activities

Sri K.Rakesh, Yoga Instructor, CCRH., Min.of AYUSH, Govt of India, was the resource person for this 7th International Yoga Day celebrations organized by NSS unit ,Sri Vasavi Engineering Collge.

He impressed the audience with his root level explanation about Surya Namaskaras and Breathing Exercises.

Sri N.Rajasekhar, HOD of BS&H,NSS Program Officer launched online celebration of the 7th international yoga day with his opening remarks.

He shared with the audience what yoga is,the root cause of celebrating International Yoga Day every year on June 21 and what its history is.

International Yoga Day 2021

Celebrations And Activities

Dr. GuduruVNSR Ratnakara Rao, Principal, Sri Vasavi Engineering College, said that the only way to combat this covid right now is to improve our immunity system and we can improve it by practicing yoga regularly.

He appreciated the participants for their huge response and extended his thanks to yoga teacher Sri K. Rakesh for delivering promising lecture on Yoga.

Sri. Ch.V.V Subbarao , Secretary & Correspondent , Sri Vasavi Engineering College, actively participated in the 7th International Yoga Day celebrations.

He believed that by organizing such good events not only on special days but also on a regular basis, students and faculty would be able to stay physically and mentally healthy and move forward with a good enthusiasm.

International Yoga Day 2021

Celebrations And Activities

On this occasion he congratulated the organizers of the event, Yoga teacher Sri K. Rakesh, the faculty and students who enthusiastically participated in the event.

The 7th international yoga day celebrations are successfully organized with the active participation of the Management, Principal, HODs, Teaching Staff, Non-Teaching Staff and students. This program has given fruitful outcome.



Sri Vasavi Engineering College
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HIGHLIGHTS :

- IMPORTANCE OF YOGA
- SURYA NAMASKARS AND ITS BENEFITS
- BREATHING EXERCISES TO COMBAT COVID

ON 21ST JUNE
7:30AM TO 8:30AM

INTERNATIONAL YOGA DAY

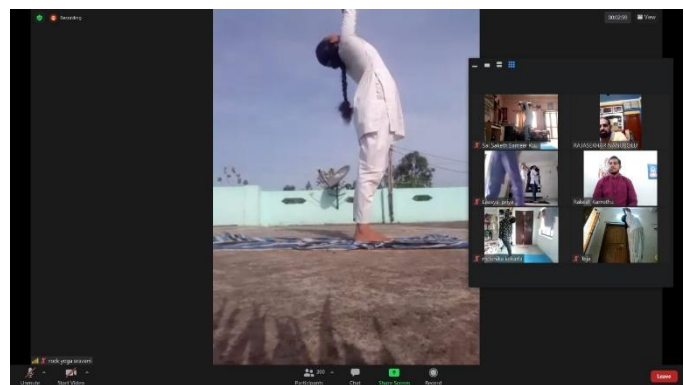
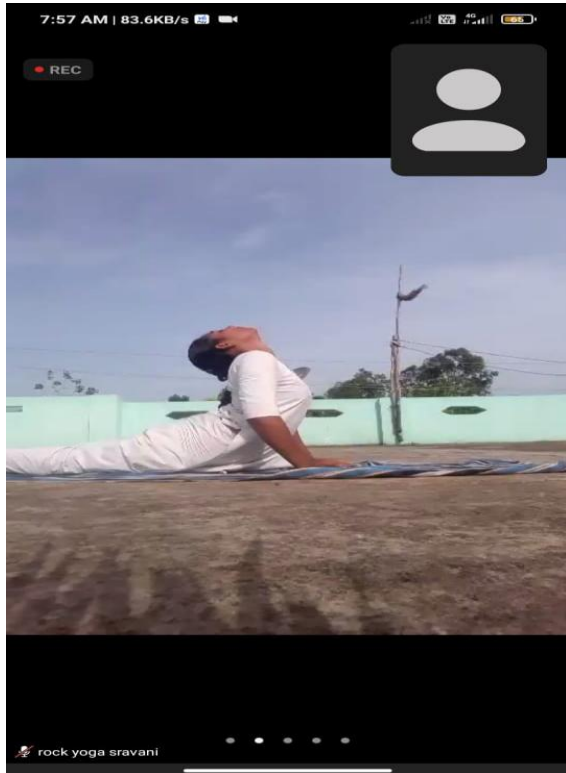
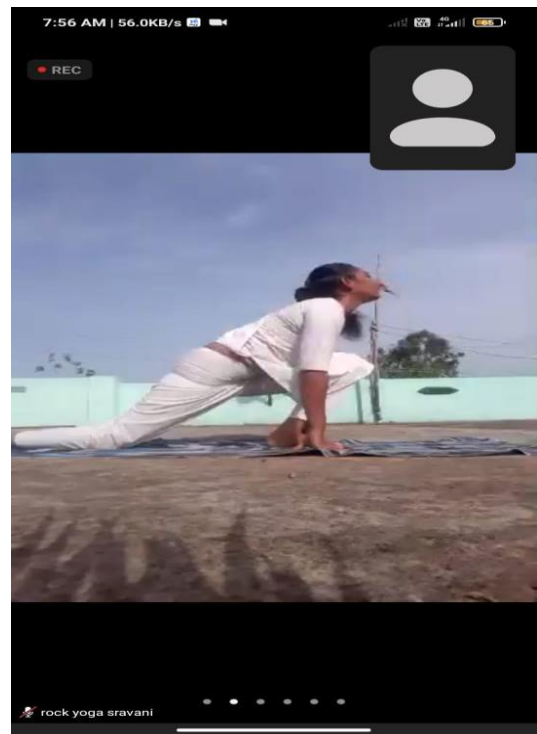
YOGA GURU : K. RAKESH
YOGA INSTRUCTOR - CCRH MIN. OF AYUSH, GOVT. OF INDIA

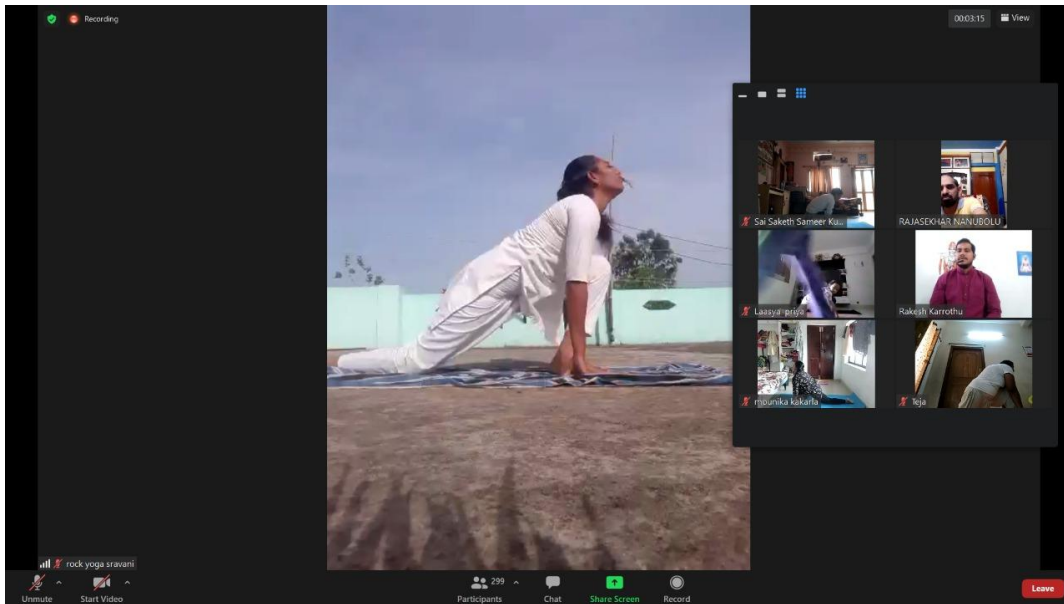
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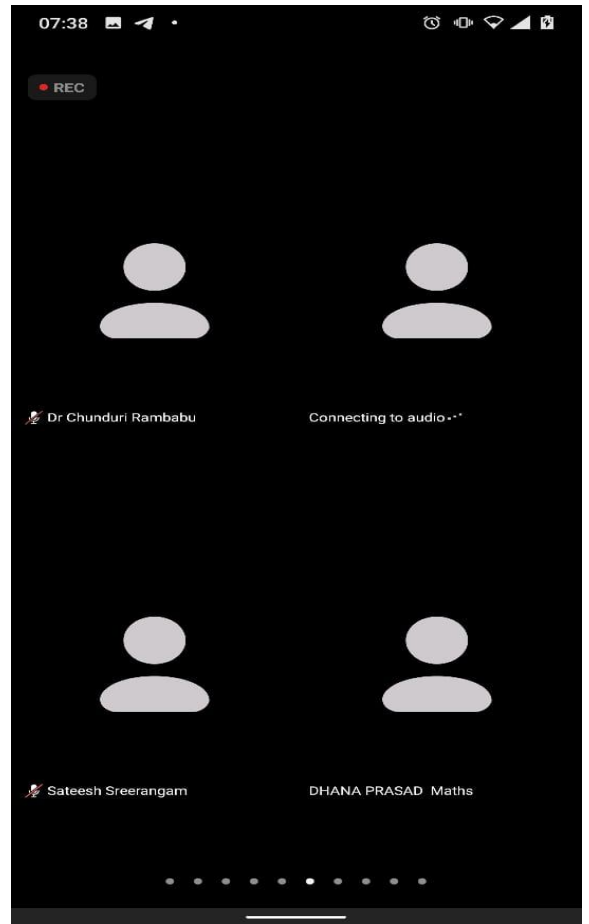
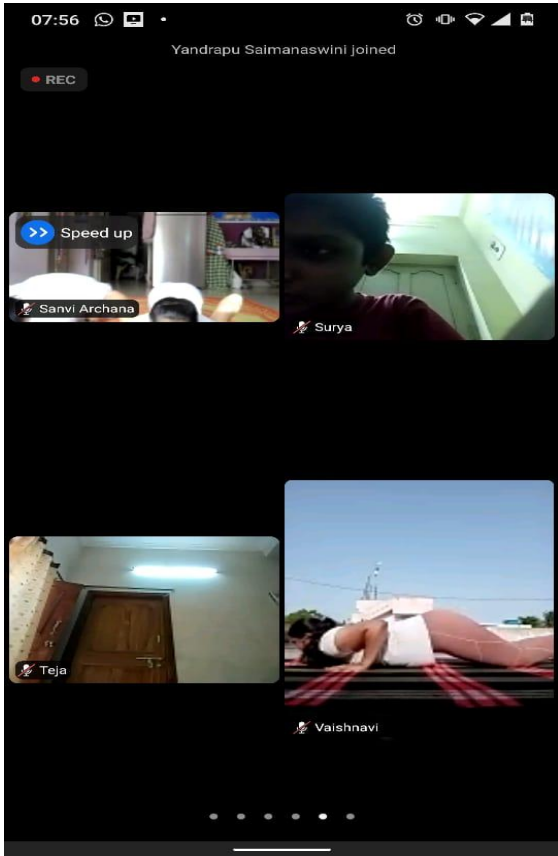
International Yoga Day 2021

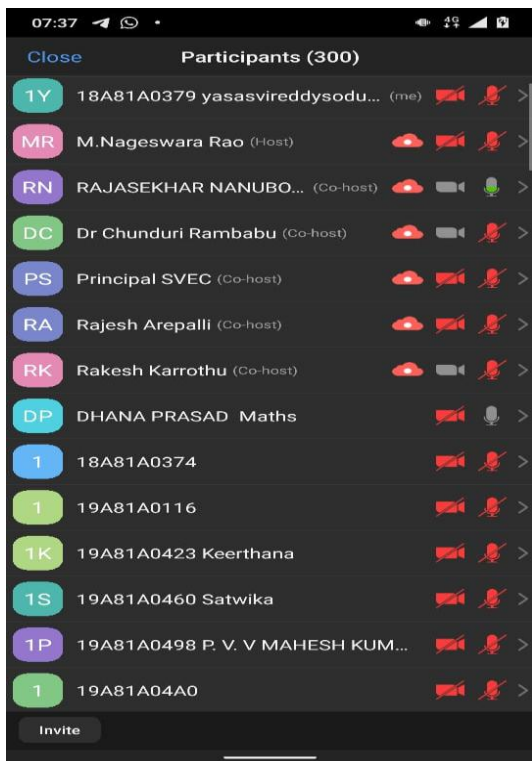
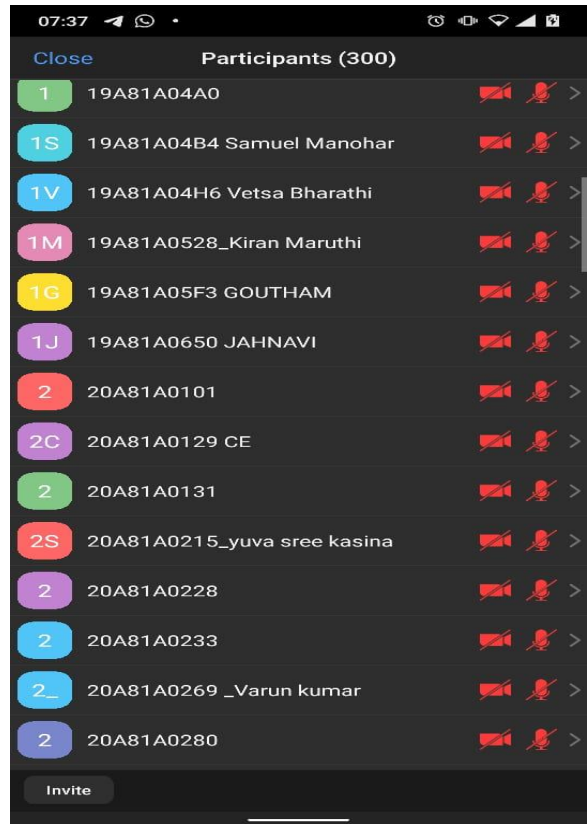
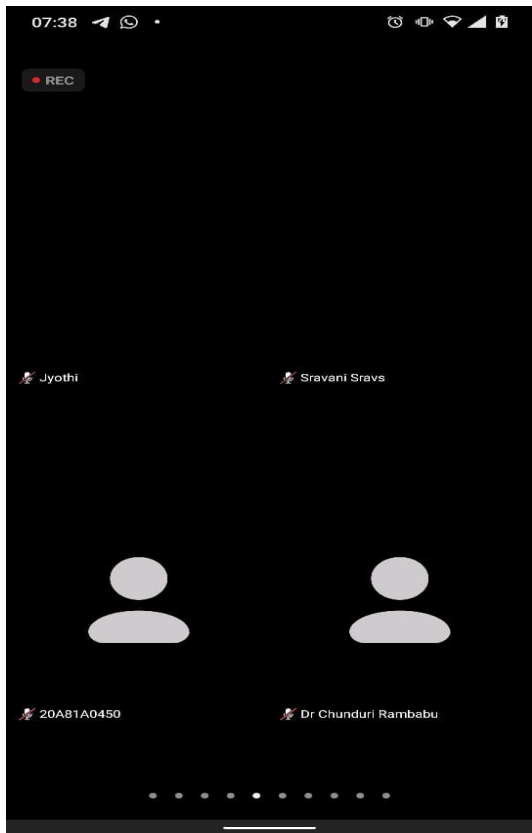
Photographs of online yoga day celebrations











International Yoga Day 2021

Photographs of live program on YouTube



International Yoga Day Celebrations in Sri Vasavi Engineering College
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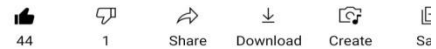
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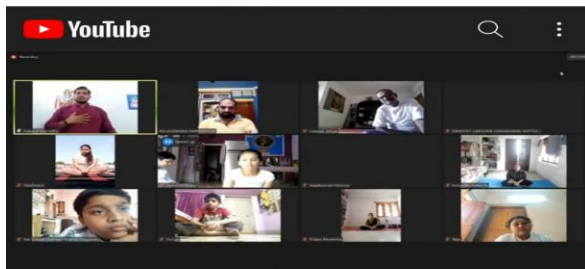


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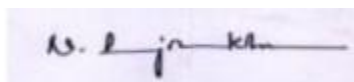
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OUR MOTTO

"SERVE THE SOCIETY"

THANK YOU



**NSS – Program Officer
HEAD OF THE DEPARTMENT
BASIC SCIENCES & HUMANITIES**



**PRINCIPAL
SRI VASAVI ENGINEERING COLLEGE
PEDATADEPALLI, TADEPALLIGUDEM**