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No: SRU/ NSS/Events/2020/

Date: 16-09-2020

CIRCULAR

Sub: Conduction of Yoga Practice session event on 19-09-2020 in Online Mode – Reg.

This is to inform that the National Service Scheme (NSS) of SR University will be organizing the Yoga Practice session event on 19-09-2020 in Online Mode

Event : Yoga Practice session
Place : Online Mode
Date : 19-09-2020
Timings : 8:00 AM to 09:00 AM

All the NSS Unit-1 Volunteers are required to participate in the event. For further details, Mr.K.Ravindar, NSS Program Coordinator, may be contacted.

REGISTRAR

REGISTRAR
SR UNIVERSITY
(V) Ananthasagar, (M) Hasanpanthy
Dt: Warangal - 506371, T.S.



Yoga Practice session

Details of the Event:

Date of the Event : 19-09-2020
Name of the Event : Yoga Practice session
Venue : Online Mode

Objective:

Yoga Practice session event organized by SR University National Service Scheme (NSS) Unit-01, was to promote the benefits of yoga and its impact on health and well-being. This initiative aimed to educate participants about the importance of incorporating yoga into their daily routine, enhance their understanding of its benefits, and encourage active participation in maintaining a healthy lifestyle.

Description:

NSS Unit-01 organized a "Yoga Practice Session" as part of their ongoing effort to promote health and wellness. The event aimed to raise awareness about the benefits of yoga and encourage its practice as a part of daily life. The session featured active participation from NSS volunteers, who engaged in yoga exercises and distributed informational materials on health and wellness. The event also included discussions on the importance of maintaining a healthy lifestyle through regular yoga practice.

Outcome:

The objective of the Yoga Practice session event by NSS Unit-01 was to promote yoga practice among the community. The program aimed to enhance awareness about the benefits of yoga, improve community participation in health and wellness initiatives, and foster a responsible and informed citizenry. This initiative sought to promote better health outcomes and life skills among both participants and volunteers.

Impact on Society:

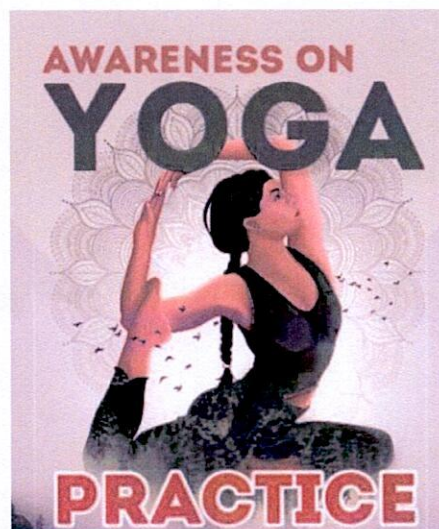
Organizing the Yoga Practice session event significantly improved the participants' understanding and practices related to health and wellness. It also strengthened community ties, increased awareness about the benefits of yoga, and contributed to a more informed and responsible society.



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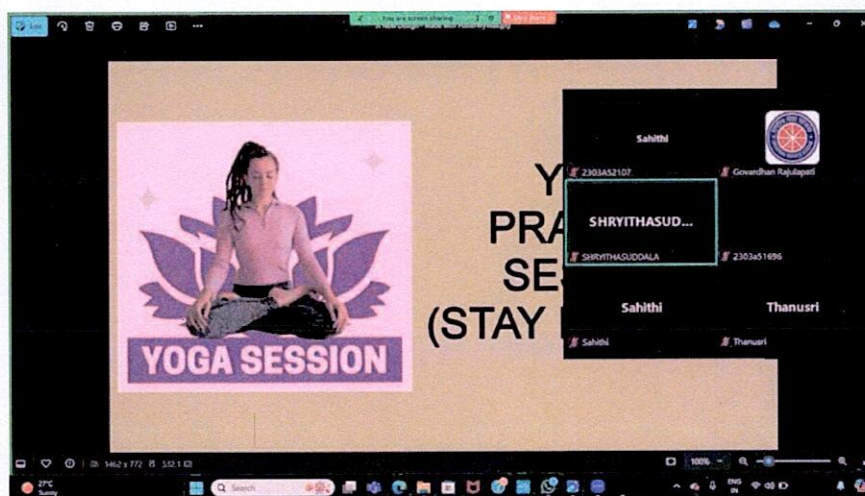
Event Poster:



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Event Photos:



"Breathe, Stretch, Connect: Join our online Yoga Practice session and find inner peace from the comfort of your own space": Students Embrace Yoga Practice for Holistic Health and Mindful Living



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Volunteers List:

Sl.No.	Name of the student	Branch
1	JAMPALA KEERTHI	B.Sc. Agriculture
2	BHOOKYA SATHISH	CE
3	MEKALA UDAY CHANDRA	CE
4	JAKKOJU AKSHAY KUMAR	CSE
5	LAVUDYA NAGESH	CSE
6	AFREEN	CSE
7	JANNAPALA AKSHITH	CSE(AI&ML)
8	PENUGONDA NAGARISHITHA PRAVEEN	CSE(AI&ML)
9	BAYYA RAJU	CSE
10	GANDU SANGEETHA	EEE
11	POKKULA RAHUL	EEE
12	MEDARI SRINATH	ECE
13	PIRANGULA KIRAN KUMAR	ECE
14	AMGOTH THARUN	CE
15	DOLE VINAY	ME
16	MEDA ROHITH SAI	BBA
17	BATHULA PAVAN KALYAN	B.Sc. Agriculture
18	MODUMPALLY AKSHITHA BHUVINIPA	B.Sc. Agriculture
19	PASULA VIVEK	CE
20	SARA NAUSHEEN	CSE

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NSS PROGRAM
COORDINATOR
NSS COORDINATOR
SR UNIVERSITY
(V) Ananthasagar, (M) Hasanparthy,
Dt: Hanamkonda-506 371, T.G.