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No. SRU/ NSS/Events/2022/

Date: 15-06-2022

CIRCULAR

Sub: Conduction of Yoga Practice Session on 21-06-2022 at Kakatiya University – Reg.

This is to inform that the National Service Scheme (NSS) will be organizing a Yoga Practice Session on 21-06-2022 at Kakatiya University to mark International Yoga Day.

Event : Yoga Practice Session
Place : Kakatiya University Campus
Date : 21-06-2022
Timings : 07:00 AM to 10:00 AM

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

REGISTRAR

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(V) Ananthasagar, (M) Hasanparthy
Dt: Warangal - 506371, T.S.



Yoga Practice Session

Date of the Event : 21-06-2022
Name of the Event : Yoga Practice Session
Venue : Kakatiya University Campus

Objective:

The Yoga Practice Session organized by National Service Scheme (NSS) Unit-01 on June 21, 2022, at Kakatiya University aims to promote physical and mental well-being through the practice of yoga. The event encourages participants to embrace yoga as a daily habit for a healthier lifestyle.

Description:

On June 21, 2022, NSS Unit-01 conducted a "Yoga Practice Session" in celebration of International Yoga Day at Kakatiya University. The session included various yoga postures, breathing techniques, and mindfulness practices. NSS volunteers guided participants through the exercises, highlighting the benefits of regular yoga practice for stress relief, flexibility, and overall health. The session was designed to encourage the community to adopt yoga as part of their routine for better physical and mental health.

Outcome:

The Yoga Practice Session successfully raised awareness of the importance of yoga in maintaining a healthy lifestyle. Participants gained practical experience in various yoga techniques, and many expressed interests in incorporating yoga into their daily lives.

Impact on Society:

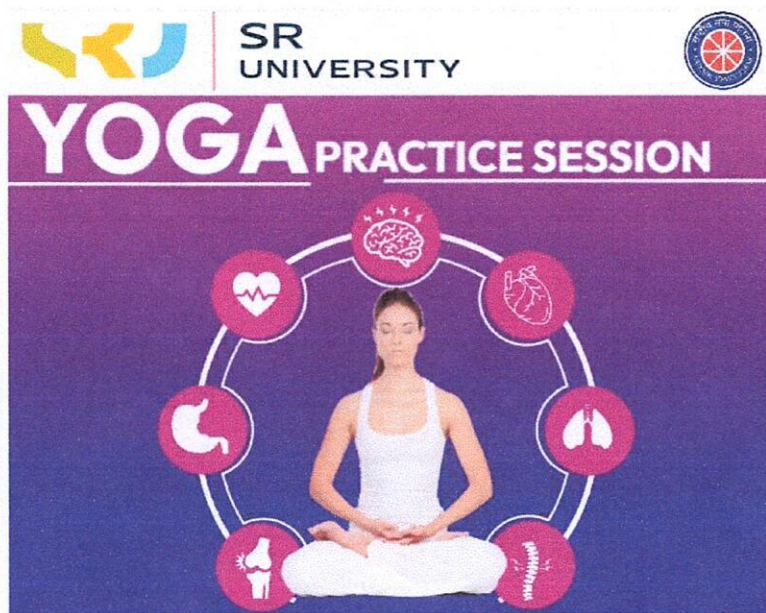
The program promoted the significance of yoga in enhancing physical and mental well-being. It encouraged a proactive approach to health and fitness, fostering a sense of community responsibility for maintaining a balanced and healthy lifestyle. The event helped inspire participants to prioritize their health through the regular practice of yoga.



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Event Poster:



Event Photos:



"Embrace Wellness Through Yoga: Balance Your Body, Mind, and Soul!"



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Volunteers List:

Sl.No.	Name of the student	Programme name	Signature
1	ERRAM SANDEEP	MBA	Sandeep.
2	TANIA MAHEEN	MBA	Maheen
3	FURQHAN AFZAL	MBA	Afzal
4	AKINAPALLY INDU PRIYA	B.Sc (Hons.) Agriculture	Indu Priya
5	ALGAM KALYAN	B.Sc (Hons.) Agriculture	Kalyan
6	AROJU ASHWITHA	B.Sc (Hons.) Agriculture	Ashwitha
7	ANANTHULA NAVYA	B.Tech (CSE-DS)	Navya
8	BALNE TRISHUL	B.Tech (CSE-DS)	Trishul
9	BANDI SANKET	B.Tech (CSE-DS)	Sanket
10	DURGAM SAI TEJA	B.Tech (CE)	Sai Teja
11	ERUGU RAVEENA	B.Tech (CE)	Raveena
12	GUGULOTH SAIRAM	B.Tech (CE)	Sai Ram
13	GUGULOTHU SHIVA PRASAD	B.Tech (CE)	Shiva Prasad
14	GOKARAPU SHIVA PRASAD	B.Tech (EEE)	Shiva Prasad
15	KALAKOTLA SHANTHI SWAROOP	B.Tech (EEE)	Shanti Swaroop
16	KODARI RAVI TEJA	B.Tech (EEE)	Ravi Teja
17	RAYINI SRIKANTH	B.Tech (EEE)	Srikanth
18	GONE SAI KIRAN	B.Tech (ME)	Sai Kiran
19	BAKKANNAGARI MADHUSUDHAN CHARY	B.Tech (ME)	Madhusudhan Chary
20	MATETI SHIVA	B.Tech (ME)	Shiva


NSS PROGRAM

COORDINATOR

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


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