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Ref: SRU/ NSS/Events/ 2024/

Date: 20-06-2024

CIRCULAR

Sub: Organization of Yoga Awareness Program and Practice Session on 21-06-2024 at Arts College, Subedari – Reg.

This is to inform that National Service Scheme (NSS) of SR University will be organizing the "Yoga Awareness Program and Practice Session"

Event : Yoga Awareness Program and Practice Session
Place : Arts College, Subedari
Date : 21-06-2024
Timings : 7.00 AM to 10.00 AM

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

REGISTRAR

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



Report on Yoga Awareness Program and Practice Session

Details of the Event:

Date of the Event	: 21-06-2024
Name of the Event	: Yoga Awareness Program and Practice Session
Venue	: Arts College, Subedari
No. of Participants	: 47

Objective:

The Yoga Awareness Program and Practice Session aimed to promote the physical and mental health benefits of yoga among participants. The event sought to create awareness about the importance of yoga in daily life and encourage participants to incorporate yoga practices for a healthier lifestyle.

Description:

The **National Service Scheme (NSS)** organized a **Yoga Awareness Program and Practice Session** at **Arts College, Subedari**. The session saw active participation from 47 volunteers, including students and staff members, who engaged enthusiastically in learning and practicing yoga techniques to promote physical and mental well-being.

The activities included:

- **Awareness Session:** A detailed explanation of yoga's origins, its benefits, and its role in reducing stress and improving overall well-being.
- **Practice Session:** A guided session covering basic yoga asanas (postures), pranayama (breathing exercises), and meditation techniques.

Outcome:

Participants gained a comprehensive understanding of how yoga can improve physical fitness, mental peace, and emotional balance, highlighting its importance for overall well-being. They also acquired practical skills by learning basic yoga techniques that could easily be incorporated into their daily routines for a healthier lifestyle. Additionally, the event fostered community engagement by inspiring attendees to share the benefits of yoga with their peers and family, thereby extending its positive impact beyond the immediate participants.

Impact on Society:

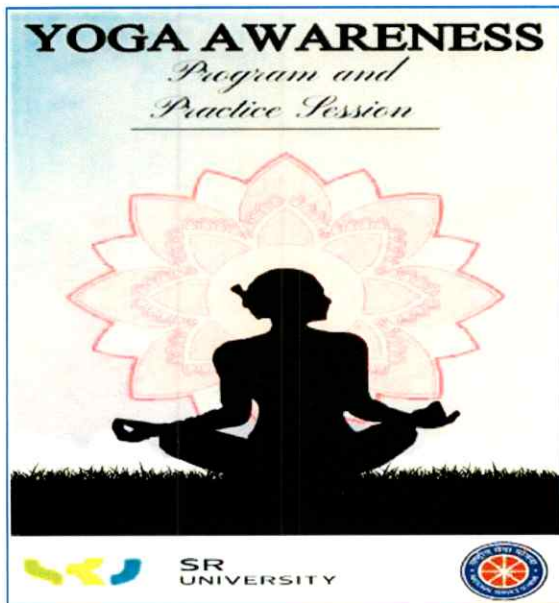
The program encouraged participants to adopt yoga as a daily practice, promoting healthier lifestyles and overall well-being. Through breathing exercises and meditation techniques taught during the session, attendees gained valuable tools to manage stress effectively and maintain mental balance. Additionally, the active involvement of NSS volunteers highlighted the importance of self-care and community well-being, fostering a sense of responsibility and leadership among the youth.



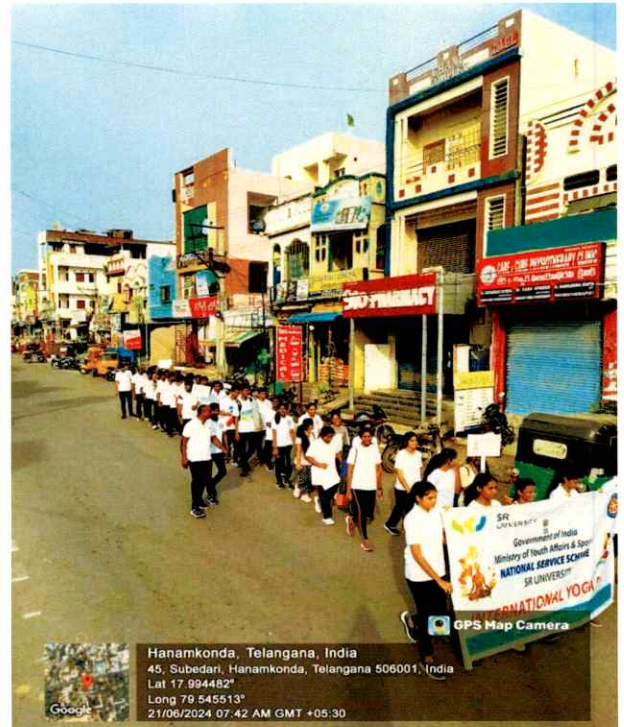
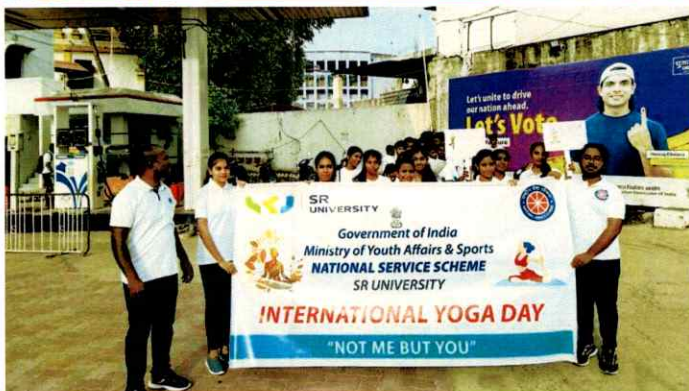
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Event Poster:



Event Photos:



"Harmony of Mind and Body: NSS Yoga Awareness and Practice Session!"



Volunteers List:

S.No	Name of the Student	Programme Name	Signature
1	DANDE HAVISH	CSE - AIML	Havish
2	APPANAPALLI DURGA VENKATA VINAY SAI RAM	CSE - AIML	Vinay
3	D VENU MADHAV	CSE - AIML	eMadhan
4	KARUPOTHULA DINESH	CSE - AIML	Dinesh
5	MUSHIKE SHASHIDHAR	CSE - AIML	Shashidhar
6	NEREDU MANOTEJ	CSE - AIML	Manotej
7	PANCHAKOTI AYUSHMAN	CSE - AIML	Ayushman
8	KANDUBOTHU JASWANTH	CSE - AIML	Jaswanth
9	VYAKARANAM HRK SRI HARSHA VIGNESH	CSE - AIML	Vignesh
10	YESI REDDY PRANITH SAI	CSE - AIML	Pranitha
11	KURIMELLA LAXMI PRASANNA	CSE - AIML	Laxmi
12	PINDI SHARANYA REDDY	CSE - AIML	Sharanya
13	ADHI RISHWANTH	CSE - AIML	Rishwanth
14	SYED NAZIYA PARVEEN	CSE - AIML	Naziya
15	PIKKILI SHREEMUKHI	CSE - AIML	Shreemukhi
16	AVIRENDLA YASHWANTH	CSE - AIML	Yashwanth
17	CHINTALA ANUKYA REDDY	CSE - AIML	Anukya
18	ANYAM AKSHITHA	CSE - AIML	Akshitha
19	BERELLI PRIYANKA	CSE - AIML	Priyanka
20	BANDAPELLY DHANUSH	CSE - AIML	Dhanush
21	SAMUDRALA RAJ KUMAR	CSE - AIML	Rajkumar
22	DUDDUKURI UDAYAN	CSE -DS	Udayan
23	GREESHMA RAJALA	CSE -DS	Greeshma
24	KAREDHA SRIJA	CSE -DS	Srija
25	JAGARI PAVANI	CIVIL	Pavani



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26	CHINTHA AMULYA	EEE	Amulya
27	LAVUDYA MAHESH	EEE	Mahesh
28	DOMMATI TEJASWI	EEE	Tejaswi
29	GURRAM PRAJITH GOUD	CSE	Prajith
30	BODDIREDDY ANVESH REDDY	CSE	Anvesh
31	DIVYANSHU MAURYA	CSE	Divya
32	MASADI MANI SIDHU	CSE	Mani
33	GURRAM PRAJITH GOUD	CSE	Prajith
34	BODDIREDDY ANVESH REDDY	CSE	Anvesh
35	DIVYANSHU MAURYA	CSE	Divya
36	MASADI MANI SIDHU	CSE	Mani
37	KORUKONDA HEMANTH	CSE	Hemant
38	LINGAMPELLE BHARATH	CSE	Bharath
39	MAMIDISETTI VISHNU VARDHAN	CSE	Vishnu
40	MANDALA HARSHINI	ECE	Harshini
41	MOHAMMAD KARISHMA	ECE	Karishma
42	MOTHI PRAJYOTH REDDY	ECE	Prajyoth
43	CHENNOJU ARAVIND CHARY	ECE	Aravind
44	THIMEERISHETTI VASAVI	CSE -DS	Vasavi
45	GADI POOJITHA SHARINI	CSE -DS	Poojitha
46	DUDDUKURI UDAYAN	CSE -DS	Udayan
47	GREESHMA RAJALA	CSE -DS	Greeshma

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NSS PROGRAM
COORDINATOR

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