



A Report
on
INTERNATIONAL YOGA DAY
Saturday, 21-06-2022

Organized by
The Department of student Affairs
in
Association with NSS

Submitted by

Dr. Chandra Prakash

Assistants professor-ECE

Head - DSA

PRINCIPAL

PRINCIPAL
KG Reddy College of Engineering & Technology
Chilkur (V), Moinabad (M),
R.R. Dist. Telangana.



Objectives:

- To bring awareness on Healthy Mind in a Healthy Body.
- To inculcate discipline in the life of students & staff.
- To make everyone aware of the benefits of Yoga & Meditation.

Outcomes:

- The students & staff are aware of a Healthy mind in a Healthy body.
- All should lead a disciplined life.
- They have understood the benefits of Yoga & Meditation.



RELAX. REFLECT. REJUVENATE.

AT THE **YOGA DAY CELEBRATIONS** ORGANISED BY
THE **NSS CELL** IN ASSOCIATION WITH **DSA - KGR CET**

21st June | 9 - 10 AM



RESOURCE
PERSON



Dr. B DIWAKAR, Yoga Guru
RT. Joint Secretary,
Board of Intermediate
Education - AP



A Summary Report

K. G. Reddy College of Engineering & Technology organized the International Yoga Day on Tuesday, 21-06-2022. Students & Staff gathered in the reception area which was layed with carpets.

Dr. B. Diwakar, Yoga Guru, retired Joint Secretary- Board of Intermediate Education – AP. Was the resource person for the program. He started the program with some girls reciting the prayer song.

He made the students practice certain asanas to keep their bodies active and healthy. It was continued for one hour in which students and the staff participated showing interest in the activity.

In the end they all have taken a pledge promising to be better human beings by taking care of their health.

Benefits of yoga

Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles". It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body.



Students doing Meditation.



Students practicing different asanas.



One more asana practiced.



Getting ready for Pranayam.

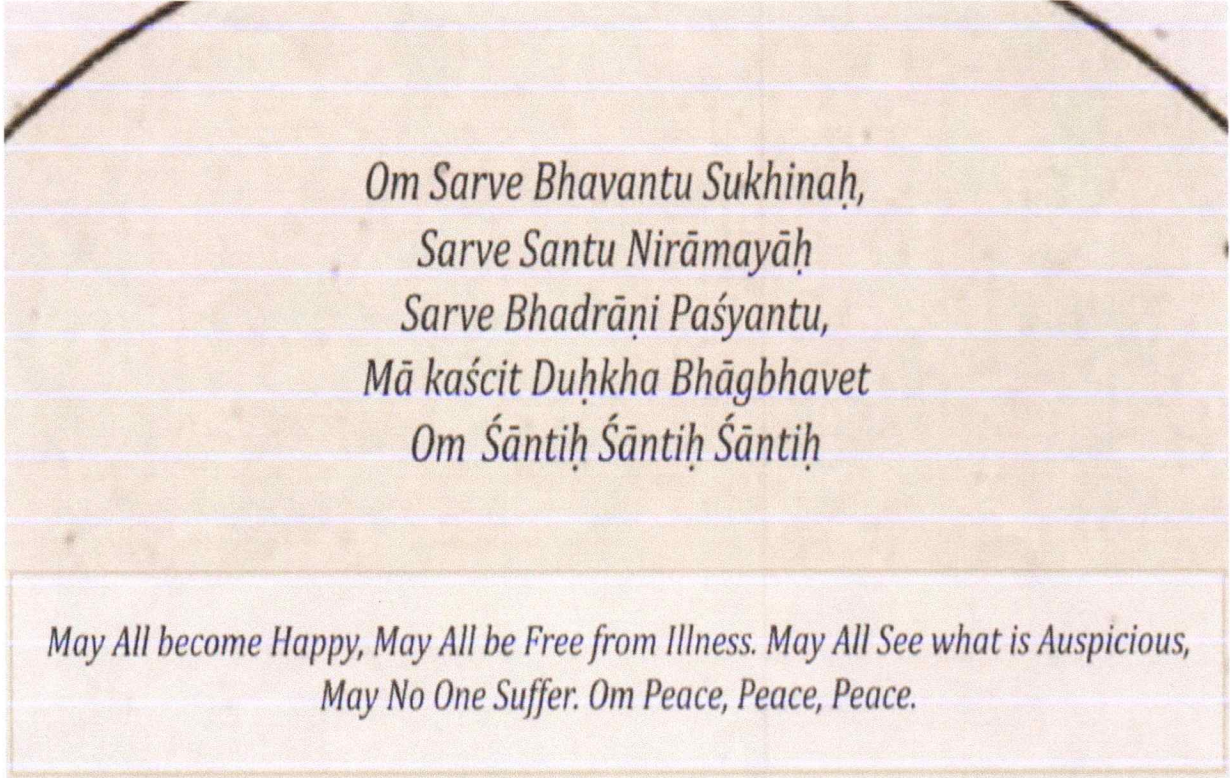


Dean Academics & CSE Head felicitated the Yoga Guru.

SANKALPA

I commit myself to remain in a balanced state of mind all the time. It is in this state that my development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health, and harmony.

The Students & staff recited the Sankalpa.



The program ended by Shanti Mantra.



Department of
Student Affairs



KG REDDY
College of Engineering
& Technology

UGC AUTONOMOUS

NBA
ACCREDITED
(C, E, & T)

KGRCET/DSA/Circular/SEM- II/

Date: 18/06/2022

Circular

This is to inform all the students and staff that the Department of Student Affairs in association with NSS, is conducting International Yoga Day on Tuesday, 21st June 2022 from 9: 00 am to 10:00 am in the basket ball court. All are requested to attend.

Lai
18/06/22
Head- DSA

[Signature]
Principal

Copy to

1. All Deans
2. All HODs
3. IQAC
4. CEED
5. Accreditation cell
6. Exam branch
7. Library
8. Admin

PRINCIPAL
KC Reddy College of Engineering & Technology
Chilkar (N), Moirabad (M),
R.F. Dist. Tenali.



Attendance sheet for yoga day

S NO	Students name	NAME	DEPARTEMNT	Signature
1.		Dr. L. Jayahari	Mech	
2.		P. papireddy	Mech	
3.		Vijaya Bhava Reddy	ECE	
4.		Surendra	CSE	
5.		Dr. J. Srinivas	CSE	
6.		Dr. P. Chandraprakasa	ECE	
7.	L. Abhishek	L. Abhishek	ECE	
8.	P. Vinay		CSE	
9.	6647	P. Kaviteja Reddy	CSM	
10.	6633	M. Hemant	CSM	
11.	559	K. Dinesh	CSE-A	
	561	Prem	CSE-A	
	552	Kaushik	CSE-A	
	509	Rikith	CSE-B	
	532	Saldeep	CSE-A	
	503	Yuvraj	CSE-A	
	569	Arun	CSE-A	
	501	Vishal	CSE-B	
	523	Sandeep Reddy	CSE-A	
	103	M. Nishikanta	Civil	
	517	B. Sai Sumukh	CSE-A	
	545	R. C. Nithya	CSE-A	

Head-DSA

Principal



Attendance sheet for yoga day

S NO	Students name	NAME	DEPARTEMNT	Signature
01.	Y. Jagadeesh	II year	civil engg	Y. Jagadeesh
	J. Vikram Reddy	II year	civil	J. Vikram
	T. Thirumal	II year	civil	T. Thirumal
	G. Bhanu	"	"	G. Bhanu
	Vinay	"	"	Vinay
	G. Jayathi	"	ECE	G. Jayathi
	P. Saikrishna	1 st yr.	CSE (AIGML)	P. Saikrishna
	Gaurav	"	CSE (AIGML)	Gaurav
	Bhavit	1 st yr	ECE	Bhavit
	Shruthi	1 st yr	ECE	Shruthi
	T. Sumanth	II yr	civil	T. Sumanth
	Naveen	II yr	civil	Naveen
	Srujan	II yr	Mech	Srujan
	Koushik	II yr	CSM	Koushik
	B. Sreshitha	1 st year	ECE	B. Sreshitha
	N. Theesha	1 st year	ECE	N. Theesha
	Ramath	1 st year	CSM	Ramath
	K. Harshini	3 rd year	CSE	K. Harshini
	K. Divya	3 rd year	ECE	K. Divya
	S. Vaishnavi	3 rd year	ECE	S. Vaishnavi
	Mayabhi	4 th year	ECE	Mayabhi
	G. Harathi	4 th year	CSE	G. Harathi
	M. Rahul	3 rd year	CSE	M. Rahul
	M. Madhu	3 rd year	CSE	M. Madhu

Head-DSA

Principal



Attendance sheet for yoga day

S NO	Students name	NAME	DEPARTEMNT	Signature
1	Dr. V. Reddy	Dr. V. Reddy	CSE	
2.	Bhavana	21QMIA6618	CSE-AIML	
3	V. Jahnvi	21QMIA0503	CSE-B	
4.	M. Vagshini	21QMIA0570	CSE-A	
5	M. Deekshitha	21QMIA0568	CSE-A	
6	Anusha	21QMIA0528	CSE-A	
7.	Preetika	21QMIA052A	CSE-A	
8	Pravani	21QMIA0505	CSE-A	
9.	B. Jyothi	21QMIA0519	CSE-A	
10.	K. UMADEN	21QMIA0558	CSE-A	
11.	D. INDU	21QMIA0534	CSE-A	
12.	J. Mamatha	21QMIA0549	CSE-A	
13.	Jasnavi	21QMIA0537	CSE-A	
14.	A. Swathi	21QMIA0507	CSE-A	
15.	B. Manoj	21QMIA0520	CSE-A	
16	G. Saiteja	21QMIA0544	CSE-A	
17	Bhanu	21QMIA0543	CSE-A	
18.	SK: Asit pasha	21QMIA0519	CSE-B	
19	Prinay kumar	21QMIA0543	CSE-B	

Head-DSA

Principal
PRINCIPAL



BUDGET

Expenditure:

Registration Fee	: NA
Accommodation Charges	: NA
Transportation Charges	: Rs. 1500/-
Other Charges (Carpets)	: Rs.1000/-
Banner	: Rs. 500/-
Total	: Rs.3000/-