

SUBHARAM GOVT DEGREE COLLEGE, PUNGANUR

AWARENESS PROGRAMME ON YOGA

06.05.2022

CIRCULAR

05.05.2022

All the teaching staff and students are hereby informed that the Dept. of Physical Education and NSS is going to organize AWARENESS PROGRAMME ON YOGA celebrations on 06/05/2022 in seminar hall at 12.00 P.M. Hence all are requested to attend the programme and make it a grand success.

Y. Rajasekar
PRINCIPAL
S.R. Govt. Degree College
PUNGANUR - 517 247
Chittoor District

Principal

OBJECTIVES OF PROGRAMME:

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

REPORT OF THE PROGRAMME:

- ❖ The main speakers talked about the following aspects relating to provide age-appropriate information about YOGA.
- ❖ You manage to do many activities with full attention, but sometimes there is no mental relaxation. And there are other moments when your awareness seems to have expanded, but the mind is not sharp.
- ❖ Yoga attends to all aspects of our being – body, mind, breath, emotions and the inner Self. Awareness of breath establishes you in the present moment.
- ❖ Yogasanas contribute towards physical well-being.
- ❖ Yoga helps you become aware of your body, including the pains or discomfort in any part of the body.
- ❖ The secret of awareness is to just watch everything that is going on in the body and mind - as a witness. Do not resist, but watch with a smile! Make your life a celebration - with Yoga!

Outcomes of the programme:

Yoga can reduce the risk of injury, reduce stress, increase your concentration understand the connection of body and mind, develop the body awareness. The students are more stress during the exams, seminars, training, knowledge and awareness about yoga will play a significant role and benefit the students.

PHOTOS OF THE PROGRAMME



Feedback from the Students

Event: Awareness Programme on Yoga Date: 06-05-2022

Regular practice of asana, mudra, pranayama and meditation builds the witness attitude.

M. Jayarajee

All these are ~~power~~ importance awareness
It is the ability to control the mind
and also gives health.

S. Kusuma.

The yoga gives helps us to manages
stress and anxiety. and keeps
relaxing, calm and composed.

S. Shabistah

The yoga helps to relifness and
relaxness. so do yoga and make
health

S. Arshiya

ATTENDANCE REPORT

Event: Awareness Programme on Yoga Date: 06-05-2022

S.No	Name of the Student/Participant	Group/Address	Signature of the Student/Participant
1.	V. Anbika	I B.Com (CA)	V. Anbika
2.	P. Anitha	I B.Com (CA)	P. Anitha
3.	M. Anusha	I B.Com (CA)	M. Anusha
4.	G. Aparna	I B.Com (CA)	G. Aparna
5.	G. Bhargavi	II B.Com (CA)	G. Bhargavi
6.	D. Jahnavi	II B.Com (CA)	D. Jahnavi
7.	T. Jyothi Rani	II B.Com (CA)	T. Jyothi Rani
8.	V.S. Juveria Suthana	II B.Com (CA)	V.S. Juveria Suthana
9.	T. Jyothi	II nd B.Com (CA)	T. Jyothi
10.	B. Lavanya	II nd B.Com (CA)	B. Lavanya
11.	G. Maulika	III B.Sc	G. Maulika
12.	B. Maulika	III B.Sc	G. P. Pavithra Maulika
13.	G. Anandini	I st B.Com (CA)	P. Reehana Nandini
14.	M. Pavithra	I st B.Com (CA)	M. Renuka Pavithra
15.	P. Reehana	II nd B.Com (CA)	P. Reehana
16.	C. Renuka	II nd B.Com (CA)	C. Renuka
17.	M. Savanya	II nd B.Com (CA)	M. Savanya
18.	S. Shabana	II nd B.Com (CA)	S. Shabana
19.	Y. Shahista	II nd B.Com (CA)	Y. Shahista
20.	G. Sindhu	II nd B.Com (CA)	G. Sindhu
21.	G. Vennela	I st B.Com (CA)	G. Vennela
22.	A. Aaseef	I st B.Com (CA)	A. Aaseef
23.	S. Anil Basha	II B.Sc	S. Anil Basha
24.	L. Arham Khan	II B.Sc	L. Arham Khan
25.	K. Ashok Kumar	I B.Sc	K. Ashok Kumar
26.	B. Badri	I B.Sc	B. Badri
27.	G. Chandan Kumar	I st B.Com (CA)	G. Chandan Kumar
28.	N. Charan Kumar	II B.Com (CA)	N. Charan Kumar
29.	E. Devendra	II B.Com (CA)	E. Devendra
30.	B. Gowtham Kumar	II B.Com (CA)	B. Gowtham Kumar
31.	B. Hari Krishna	II B.Com (CA)	B. Hari Krishna
32.	M. Hari Prasad	II B.Com (CA)	M. Hari Prasad
33.	S. Hemant Kumar	II B.Com (CA)	S. Hemant Kumar
34.	T. Jagadeesh	II B.Com (CA)	T. Jagadeesh
35.	E. Kusuma	II B.Com (CA)	E. Kusuma
36.	R. Lakshmi Pathi	II B.Com (CA)	R. Lakshmi Pathi
37.	M. Madhureddy	I B.Com (CA)	M. Madhureddy
38.	T. Manikanta	I B.Com (CA)	T. Manikanta
39.	B.R. Nagendra Babu	I B.Com (CA)	B.R. Nagendra Babu
40.	B. Nagendra Babu	I B.Com (CA)	B. Nagendra Babu
41.	T. Koshik	I B.Com (CA)	T. Koshik
42.	S. Anjali	I B.Com (CA)	S. Anjali