

Industry Institute Interaction Cell (IIIC) and Institution's Innovation Council (IIC)

21-06-2023

REPORT on "9th International Day of Yoga"

The Yoga and Meditation club of the Nalla Narasimha Reddy Education Society's Group of Institutions has celebrated the International Day of Yoga on 21st June 2023. Around 500 members which includes Students, Staff and Faculty members have actively participated as per International Day of Yoga (IDY) protocol.


On the day of 21 June 2023, the International Day of Yoga was celebrated in NNRESGI campus. The program has began with the inaugural session at 10:00 AM followed by the lightening of lamp program by Dr. C.V. Krishna Reddy, Director, NNRESGI is the Chief Guest, Dr G. Janardhana Raju, Dean – School of Engineering and Yoga Teacher & Trainer from Ministry of Ayush, Dr. Krishna Mohan Chinnala, Dean – School of Pharmacy, Dr. T. Ravindra Reddy, Dean – School of Management Sciences. HoDs of various departments present in the program. .



Dr G Janardhana Raju, Convener – Yoga & Meditation Club, Dean–School of Engineering and certified as Yoga Teacher & Evaluator from Ministry of Ayush who has conducted around 60 practical sessions before the celebrations of IDY to prepare the students for yoga practice as per IDY protocol. Department wise yoga practice sessions have been organised during 2:45 to 4:00 PM on regular intervals.

Dr. G. Janardhana Raju briefed about the practice sessions that are organized in the campus for all the students of the departments.. At the outset, he guided the students to do warm up then he made the students to perform Tadasana, vrikshasana, padahastasana, Ardha chakrasana, Trikonasana, Bhadrasana, vajrasana, ardha ustrasana, ustrasana, sasakasana, vakrasana, makarasana, bhujangasana, uttana padasana, Ardha halasana, savasana etc, Different types of Pranayama, and meditation as per the IDY Protocol. He also insisted to practice it daily for healthy living.

Dr. C.V. Krishna Reddy, Director congratulated the Yoga club for organizing such a huge gathering for yoga session. He had given few tips for practicing yoga. Also added that, Yoga shall be a part of living style for everyone on the inaugural session..





NALLA NARASIMHA REDDY
 Education Society's Group of Institutions—Integrated Campus
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Celebrates
9th INTERNATIONAL DAY OF YOGA
 On 21st June 2023

Organised by: **Yoga & Meditation Club**



International Day of Yoga 2023 at NNRG








MEDIA NEWS COVERAGE

 <p>ఘట్కేసర్ మండలంలో</p> <p>ఘట్కేసర్, జూన్ 21, ప్రభాతవార్త: ఘట్కేసర్ మండలం చౌదరిగూడ సమీపంలోని నల్ల నర్సింహారెడ్డి ఆటోనమస్ కళాశాలలో బుధవారం అంతర్జాతీయ యోగ దినోత్సవ వేడుకలను ఘనంగా నిర్వహించారు. యోగ డే సందర్భంగా యోగ క్లబ్ కన్వీనర్ డాక్టర్ జనార్దనరాజు ఆధ్వర్యంలో అధ్యాపకులు, విద్యార్థులు ఉత్సాహంగా యోగాసనాలను సాధన చేశారు. ఈసందర్భంగా కళాశాల డైరెక్టర్ డాక్టర్ సి.వి.క్రిష్ణారెడ్డి మాట్లాడుతూ యోగా ప్రాముఖ్యతను తెలియజేశారు. ప్రపంచ దేశాలలో యోగ చేస్తున్నారని విశేష ప్రాధాన్యత ఉందన్నారు. విద్యార్థులు యోగ చేయడం ద్వారా చదువులో ఒత్తిడి తగ్గించి మానసిక ప్రశాంతత కలుగుతుందన్నారు. ఈకార్యక్రమంలో ఫార్మసీ డీన్ డాక్టర్ చిన్నాల క్రిష్ణమోహన్, మేనేజ్మెంట్ డీన్ డాక్టర్ రవీందర్ రెడ్డి, అధ్యాపకులు, విద్యార్థులు, పాల్గొన్నారు.</p> <p>Date: 22/06/2023, Edition: Hyderabad(Rangareddy dist), Page: 2 Source : https://epaper.vaartha.com/</p>	  <p>చౌదరిగూడ ఎన్ఎన్ఆర్లో యోగా సాధన చేస్తున్న విద్యార్థులు</p> <p>Date: 22/06/2023, Edition: Hyderabad(Rangareddy dist), Page: 2 Source : https://epaper.vaartha.com/</p>
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yoga practice video 1	yoga practice video 2
Videos of yoga practice session	


Dr G SUBBARAO
 Event Co-ordinator


Dr G JANARDHANA RAJU
 IIC-CONVENER & DEAN-SoE