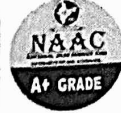




NALLA NARASIMHA REDDY
Education Society's Group of Institutions - Integrated Campus
Near Narapally, Chowdariguda (Village), Korremula 'X' Road, Ghatkesar (Mandal), Medchal District, Hyderabad - 500 088, Telangana.



UGC AUTONOMOUS INSTITUTION

Date: 18th June, 2022

To
The Director,
NNRESGI,
Hyderabad

Sir,

Sub: Request for permission for organizing 8th International Yoga Day Celebrations by NNRESGI - NSS Unit in Association with National Sanskrit University, Tirupati on 21.06.2022 in NNRG Campus at 10AM - Regarding.

We hereby submit to you that the NSS Unit of NNRESGI in association with National Sanskrit University, Tirupati have planned to organize 8th International Yoga Day Celebrations on 21st June, 2022 (Tuesday). The importance and practice of Yoga will be highlighted in the program. As part of the event, we wish to involve all the stakeholders of NNRG.

In view of the above, we request you to kindly grant permission for the conduct of the programme and also request for your participation in the same.

Thanking you sir

DIRECTOR

**Nalla Narasimha Reddy Education Society's
Group of Institutions-Integrated Campus
(UGC AUTONOMOUS INSTITUTION)
Chowdariguda (V), Ghatkesar (M), Medchal-Malkajgiri (D) T.S.-500088**

Yours Faithfully

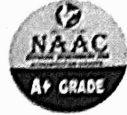
B Rajender Goud &

M Sateesh Kumar Reddy

NSS Coordinators



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UGC AUTONOMOUS INSTITUTION

NNRESGI/NSS/2021-22

Date: 18th June, 2022

CIRCULAR

Sub:NSS Unit – NNRESGI - Organizing of 8th International Yoga Day Celebrations in Association with National Sanskrit University, Tirupati on 21.06.2022 in NNRG Campus at 10AM.

The NSS Unit of NNRESGI has planned to organize 8th International Yoga Day Celebrations in Association with National Sanskrit University, Tirupati on 21st June 2022 from 10 AM onwards in NNRG Campus.

In this regard, all the Deans, HoDs, faculty members, staff and students are requested to participate in the programme.

Director

DIRECTOR

**Nalla Narasimha Reddy Education Society's
Group of Institutions-Integrated Campus
(UGC AUTONOMOUS INSTITUTION)
Chowdariguda (V), Ghatkesar (M), Medchal-Malkajgiri (DT)**

To
All the Deans, HoDs, Faculty Members, Staff and Students of Schools of
Engineering, Pharmacy & Management Sciences.

UGC AUTONOMOUS INSTITUTION

Date: 23rd June 2022

Report on 8th International Day of Yoga held on 21st June 2022

The NSS Unit of NNRESGI and Yoga & Meditation Club in association with National Sanskrit University, Tirupati has conducted 8th International Day of Yoga 2022 on 21st June, 2022 in the campus. Dr.M.Tejaswi, Associate Director-Yoga Division, Indus Valley Ayurvedic Center, Mysore and Chief Guest addressed the gathering and informed the importance of Yoga and necessity in our daily life. She said that Yoga can help the members to improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration. It motivates towards healthy eating and improves the metabolic system of the body. The significant role of yoga and meditation in student life is improved concentration. It leads to better grades, balanced blood pressure, decreased absenteeism, improved interpersonal relations, and enhanced confidence level, sleep, relief from a headache, improved calmness and a sharper mind.

The director, deans of various schools, heads of the departments, senior professors and representatives of Yoga and Meditation Club were present at the event. The NSS volunteers and faculty coordinators helped the participants by arranging the required provisions and ensured the smooth conduct of the event. Around 350 students and 120 faculty attended the program.



NSS Programme Officer

(B Rajender Goud)

Programme Officer

NSS Unit, NNRESGI



DIRECTOR

Nalla Narasimha Reddy Education Society's
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