

UGC AUTONOMOUS INSTITUTION

Date: 22nd June, 2023

Report on 9th International Day of Yoga

The NSS Unit of NNRESGI 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 and HoDs of various departments.

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.

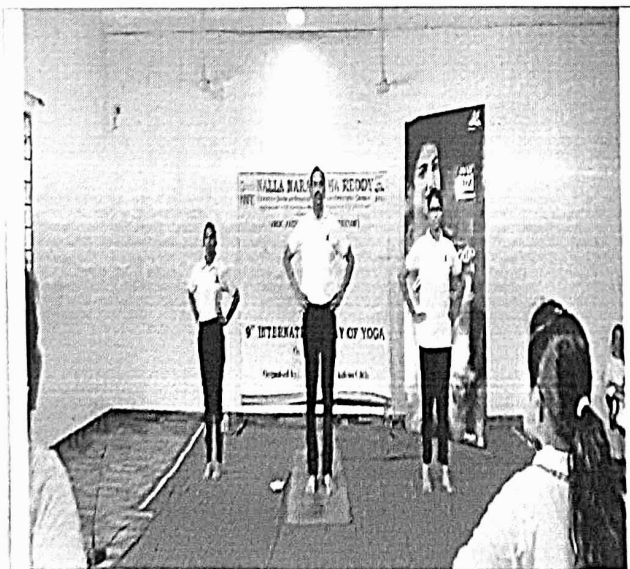
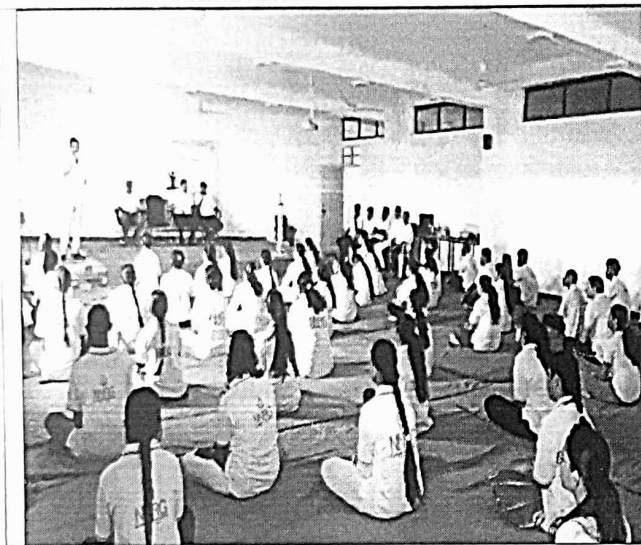
Dr. C.V. Krishna Reddy, Director congratulated the NSS Unit and Yoga club for organizing such a huge gathering for yoga session. He had given few tips for practicing yoga. Also added that, Yoga shall be a part of living style for everyone on the inaugural session. The deans of various schools, heads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


NSS Programme Officer

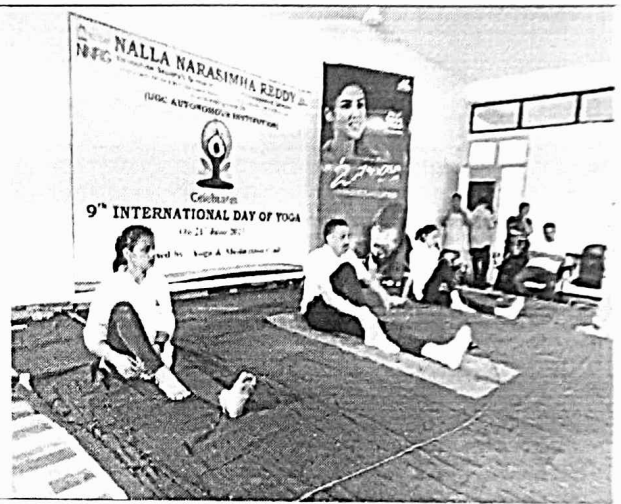
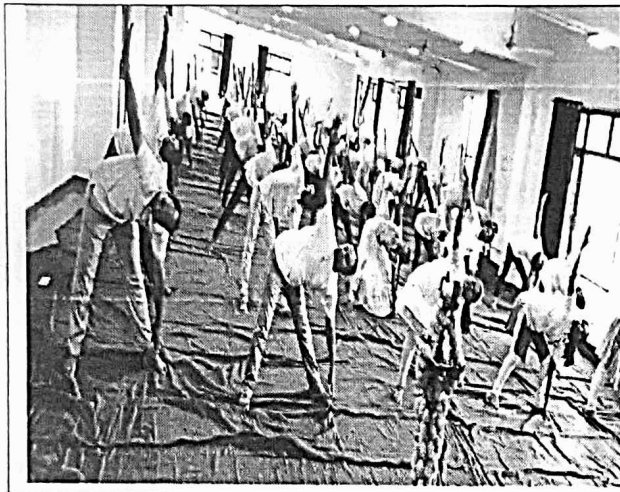
(B. Rajender Goud)
Programme Officer,
NSS Unit, NNRESGI


DIRECTOR

DIRECTOR
Nalla Narasimha Reddy Education Society's
Group of Institutions-Integrated Campus
(UGC AUTONOMOUS INSTITUTION)
Chowdariguda (V), Ghatkesar (M), Medchal-Malkajgiri (DI) TS - 500028



Glimpses of International Day of Yoga 2023 at NNRG





Media News Coverage

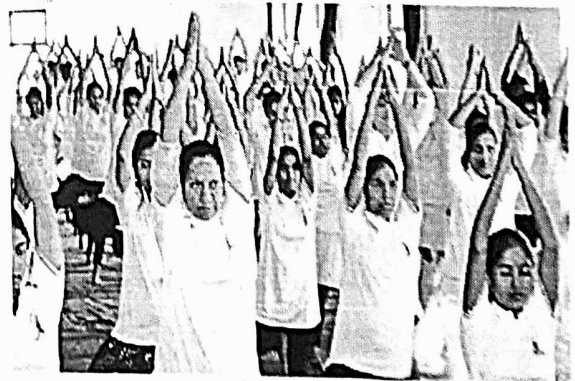
వార్త

ఘట్కేసర్ మండలంలో

ఘట్కేసర్, జూన్ 21, ప్రభాతవార్త: ఘట్కేసర్ మండలం చౌదరిగూడ సమీపంలోని నల్ల నర్సింహారెడ్డి అటానమస్ కళాశాలలో బుధవారం ఆంధ్రత్వోద్యమ యోగ దినోత్సవ వేడుకలను ఘనంగా నిర్వహించారు. యోగ దే సందర్భంగా యోగ రక్షక కన్వీనర్ డాక్టర్ జనార్దనరాజు ఆధ్వర్యంలో అధ్యాపకులు, విద్యార్థులు ఉత్సాహంగా యోగాసనాలను సాధన చేశారు. ఈ సందర్భంగా కళాశాల డైరెక్టర్ డాక్టర్ సి.వి.ప్రిష్టారెడ్డి మాట్లాడుతూ యోగా ప్రాచీనమైనది తెలియజేశారు. ప్రపంచ దేశాలలో యోగ చెప్పుకోదగిన విశేష ప్రాధాన్యత ఉందన్నారు. విద్యార్థులు యోగ చేయడం ద్వారా చదువులో ఒత్తిడి తగ్గించి ముగిసిన ప్రశాంతత కలుగుతుందన్నారు. ఈ సారాంశములో ఘట్కేసర్ డిస్ డాక్టర్ చిన్నాల క్రిష్ణమోహన్, మెనేజిమెంట్ డిస్ డాక్టర్ రవీందర్ రెడ్డి, అధ్యాపకులు, విద్యార్థులు, పాల్గొన్నారు.

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వార్త



చౌదరిగూడ ఎన్ఎన్ఆర్లో యోగా సాధన చేస్తున్న విద్యార్థులు

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