

4.1.1
Yoga Activities

4.1.1 Availability of adequate infrastructure and physical facilities viz., classrooms, laboratories, ICT facilities, cultural activities, gymnasium, yoga centre etc. in the institution

Response: Yes the institution has adequate facilities for cultural activities. gymnasium, yoga centre, etc. in the institute

Yoga:

Pallavi Engineering College has been running a Yoga and Meditation Centre in the college. The Yoga and Meditation Centre was started for both students and staff with a lot of objectives to understand the importance of maintaining good health, both physically and mentally, to have an understanding of life and peaceful living, to educate students on the spiritual dimension and how it affects our lives, to teach through yoga methods of warding of unnecessary stress and improving concentration.

The Yoga and Meditation Centre conducts sessions on both theoretical and practical aspects of yoga and meditation and disseminates knowledge about the spiritual dimension to help students understand yoga, advise those who are interested to experience yoga for themselves, and guide those who have intense desire for spiritual growth towards achieving their goal. Yoga experts say that doing 12 sets of Surya Namaskar translates into doing 288 powerful yoga poses in a span of 12 to 15 minutes.




On this special occasion of Yoga day, Welcome address was given by Mrs.K.KAVITHA Asst.Professor MBA department and Mr.Srinivas Reddy Physical Director, Principal, and Presidential address by Dr.M.BALARAJU, Principal, Pallavi Engineering College, Hyderabad. Yoga trainer PEC, gave a brief note of yoga practices and started the Yoga Asanas with prayer. He has made all the participants to do warm up practices / loosening practices, standing yoga asanas, sitting yoga asanas and ended with Savasna. At the end, he has displayed few Yoga Asanas like Chakrasana, which was encouraging for all participants to do Yoga regularly. Finally, Yoga trainer was presented with a memento by the dignitary and concluded with National Anthem. At last, juice and Banana were distributed to all participants of this grand successful event.

Yoga Day Celebrations at Secunderabad, NCC Ground, Gunrock Enclave, Hyderabad

On the occasion of the International Yoga Day, **Pallavi Engineering College** participated in various events held across the city on Tuesday morning 21-06-2022 @7 A.M.






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Name of the Activity	INTERNATIONAL YOGA DAY	
Type of Activity	Service	
Date and Time of Activity	21/06/2021	5.30pm onwards
Details of Participants	All B.Tech Students, Staff	
Coordinator(s)	Mrs.K.Kavitha	
Organizing Dept./Support System	NSS Department	
In collaboration with	NSS UNIT	

On 21st June 2021 **Pallavi Engineering College** had organized **INTERNATIONAL YOGA DAY**". On this occasion the spiritual **Guru swami Sukhabodhananda** ji told the importance of yoga in our daily life.

The International yoga day was a majestic celebration at Pallavi Engineering college. There was a gather in online of the Pallavians that includes the students, faculty and parents too.

This year the theme is 'Yoga For Wellness' and for the practicing yoga for physical and mental well-being.

Description

The benefits of yoga were echoed through videos and live messages. The chief guest for the day **sukhabodhananda** ji talked about the undeniable aids of meditations and asanas.



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Live Webinar on " FROM BEING ORDINARY TO EXTRAORDINARY "

A Unique Journey with the spiritual guru

Swami Sukhabodhananda Ji

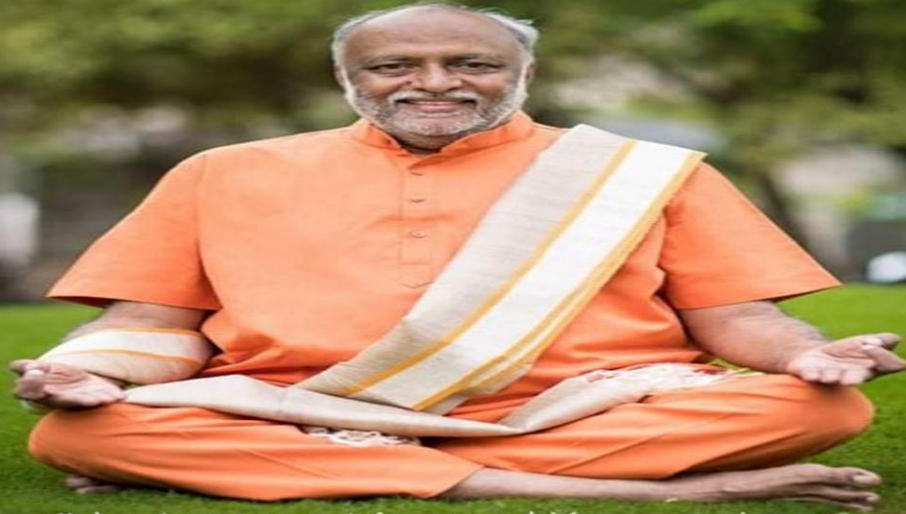
Please join us for the international Yoga Day Celebrations
and unleash the art of being successful



Date:
21st June



Time:
5:30pm



#InternationalYogaday
Spread the word. Join in large numbers to benefit.



Mrs.K.Kavitha
Co-Ordinator

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Principal
Dr.M.B.RAJU

Name of the Activity	INTERNATIONAL YOGA DAY	
Type of Activity	General Event	
Date and Time of Activity	21-06- 2022	10.00 AM to 12:00 PM
Details of Participants	All staff and Students	
Coordinator(s)	HOD MBA & NSS Officer	Mrs.Kavitha Kotte
Organizing Dept./Support System	All HOD's and NSS Co-ordinators	
In collaboration with	--	

This year's Yoga Day celebration was held with great enthusiasm at our **Pallavi Engineering College**. A large number of students, teaching and non-teaching staff attended the event this year.

Description This theme for this year's yoga day was " Yoga for the achievement of the Sustainable Development Goals ". Various asana were followed by omkar chanting. Warm-up exercises, sitting and standing asanas were performed. The trainers gave us a short class about the benefits of yoga.

They help in improving concentration and in attaining inner peace. It helps a person improve life physically, mentally and spiritually as well. Yoga Day is usually celebrated every year on 21st June 2022.

In our college we have conducted Essay writing, drawing, debate on the occasion of international YOGA day in this competitions many of students are participated and won the prizes.





On the occasion of international YOGA day 21st JUNE 2022 in our college auditorium we have conducted Yoga asana's meditation, our principal sir Dr.M.B.RAJU has motivated by a speech regarding benefits of YOGA how its help in life styles.




Our B.TECH(ECE) students are performed drama on YOGA day in this drama they conveyed the message to all importance of YOGA for students.





Distributed prizes for students on the occasion of international YOGA day by Dr.M.B.RAJU principal of PALLAVI ENGINEERING COLEGE, all HOD'S and NSS-OFFICER.

Mrs.K.Kavitha
Co-Ordinator



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