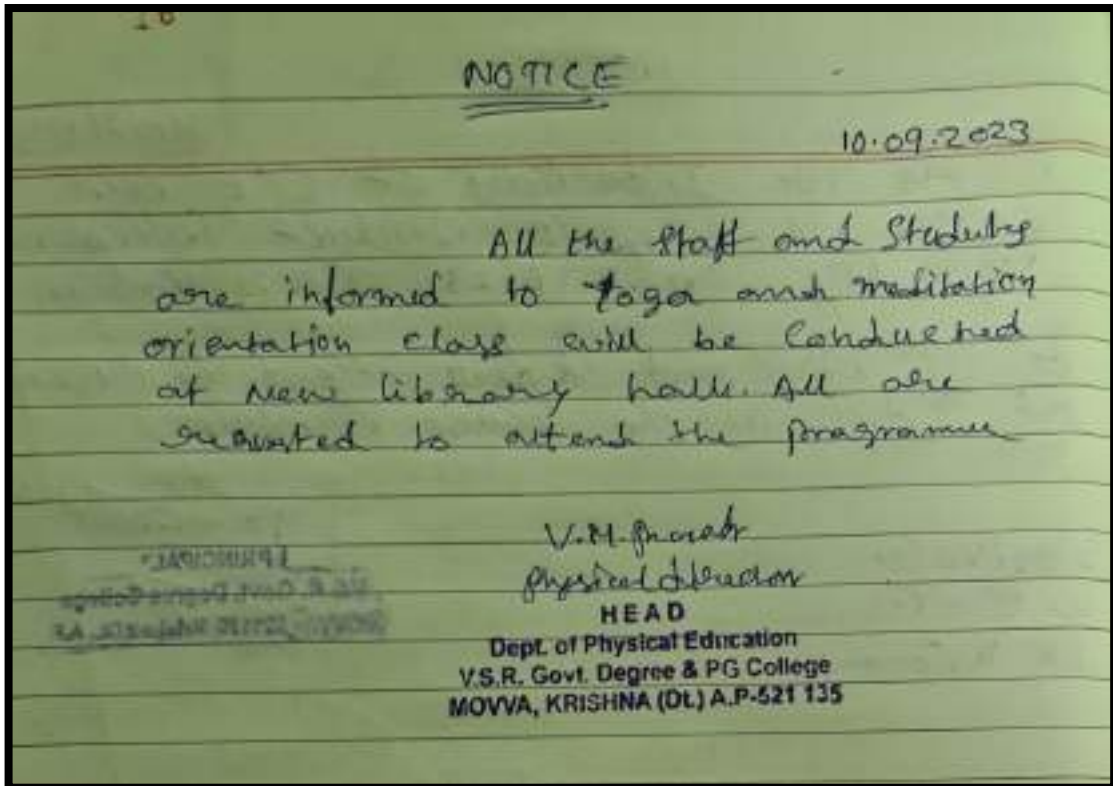


AWARENESS AND MOTIVATIONAL CLASS ON
PERSONALITY DEVELOPMENT THROUGH
YOGA&MEDITATION



On August 4, 2023, our college's Internal Quality Assurance Cell (IQAC) in association with Physical Education Department organized a session focusing on Personality Development for final year students. The session featured Sri S. Srinivas Guruji from Dhyana Yoga Foundation, Movva, enlightening students on the significance of Yoga, Dhyana, and Meditation. Dr. Venu, an expert with an MBBS and MS from Australia, shared valuable insights on Health, Motivation, and Career Guidance. The event aimed to raise awareness and motivate students towards holistic personal growth, emphasizing the fusion of physical and mental well-being for a successful future.



"Harmony Within: Yoga and Meditation Orientation Program for

V.S.R. Govt Degree & P.G. College Staff"

Our V.S.R. Govt Degree & P.G. College, Movva believes in fostering not only academic excellence but also the well-being of our staff. To promote physical and mental wellness, the Department of Physical Education introduced "Harmony Within" orientation program in Yoga and Meditation. This program is designed from to empower our staff with tools and techniques for stress management, increased focus, and overall well-being.

The "Harmony Within" initiative recognizes the interconnectedness of mental and physical health and seeks to instil practices that promote a balanced lifestyle. By integrating elements of Yoga and Meditation, we aim to create an environment that not only nurtures academic growth but also cultivates a sense of inner harmony and resilience among our valued staff members. This program reflects our dedication to fostering a workplace that prioritizes both professional excellence and the flourishing well-being of our staff.

Objectives :

- To provide participants with a comprehensive understanding of the principles, history, and philosophy behind yoga and meditation.
- To teach techniques for stress reduction, relaxation, and mental clarity through yoga postures, breathing exercises, and meditation.
- To encourage the adoption of yoga postures and exercises to improve physical fitness, flexibility, and overall health.
- To cultivate mindfulness and present-moment awareness through guided meditation practices.

Outcomes:

- Participants gain a deeper awareness and understanding of the principles and benefits of yoga and meditation.
- Participants experience improved stress management skills and a greater ability to cope with life's challenges.
- Improved physical fitness, flexibility, and posture among participants who regularly practice yoga.
- Integration of mindfulness practices into daily life, leading to increased awareness and present-moment living.

These objectives and outcomes aim to create a positive and transformative experience for participants in the "Harmony Within: Yoga and Meditation Orientation Program." The ultimate goal is to empower individuals to cultivate a harmonious balance within themselves and incorporate these practices into their daily lives.





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'యోగ' ఓరియంటేషన్ తరగతులు ప్రారంభం
 విశాఖ-పాపిడి



విశాఖలో 10 రోజులు పాటు నిర్వహించే యోగ ఓరియంటేషన్ ప్రోగ్రాం సోమవారం ప్రారంభమైంది. ఈ కార్యక్రమానికి అధ్యక్షత వహించిన డ్రాఫ్ట్ మెన్ ఎస్ మాధవ్ మాట్లాడుతూ యోగ సర్వలోగ విహారిణి సర్కిల్ ప్రధానమంత్రి పేర్కొన్నారు అంతేకాకుండా యోగ కళ్యాణమని, యోగని జీవితంలో ఒక భాగం చేసుకోవడం ద్వారా మానవ జీవితం మెరుగుపడుతుందన్నారు. యోగ సాధన ద్వారా ఆరోగ్యం మెరుగు పడుతుంది, రీత్యాతిక వ్యాధులు నివారణలో పాటు మానసికశాంతి పెరుగుతుందన్నారు. ఏ ఈ కార్యక్రమంలో యోగా గురువు శ్రీనివాసరావు, కళాశాల అధ్యాపక సిబ్బంది పాల్గొన్నారు.

Orientation Programme on "Yoga and Nutrition"
 Faculty + Student
 Day - 2
 11/9/23

Today Programme started with cleaning of class room by all faculty.
 Proceeding of orientation was

1. Introduction of yoga (classical, orthodox style)
2. Introduction of yoga
3. Introduction of pranayama
4. Introduction of asana
5. Introduction of yoga

Total of 16 questions explained by Yoga guru of

All the faculty and participants practiced all these physical activities.

After that theory class conducted on "Health - Nutrition".

Dr. B. S. Nageswara - Nutrition, Dr. S. S. Prasad - Nutrition

Dr. S. S. Prasad - Nutrition, Dr. S. S. Prasad - Nutrition

Dr. S. S. Prasad - Nutrition, Dr. S. S. Prasad - Nutrition

Dr. S. S. Prasad - Nutrition, Dr. S. S. Prasad - Nutrition

10. G. Suresh Babu	Lecturer in Economics	G. +
11. D. Suresh	TEACHER	Rank 1
12. Dr. V. KRISHNA	Physi	Rank 2
13. N. KRISHNA MOHA	PHYSICS	Rank 3
14. S. SURYANANDA	MATHS	Rank 4
15. B. S. Nageswara	Chemistry	Rank 5
16. T. SIVANATH	URDU	Rank 6
17. M. S. Prasad	TELUGU	Rank 7

Participants attended

S.No	Name	Professor	Place of Origin
1	T. H. Suresh Babu	ASST. Prof	MOVVA
2	T. Suresh Babu	ASST. Prof	KOSURU
3	S. S. Prasad	ASST. Prof	MOVVA
4	S. S. Prasad	ASST. Prof	MOVVA

