






YOGA PROGRAMME





Date: 21-06-2021

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. Due to covid-19, this event i.e. 7th international Yoga day is celebrated on online mode through Google meet. This program was started by our principal mam Dr.M.Sunitha. In this Program officers of all 4 units have participated along with volunteers. Chief guest for this program was Dr.M.Ramulu, NSS Program Co-ordinator, Osmania University, Hyderabad. Dr.Ramulu sir has enlightened students about importance of yoga for sound body and mind and shared his personal experiences about how yoga transformed many lives. He also enlightened volunteers about vision and idea behind making this international yoga day to be celebrated every year and how the awareness is being created on this occasion. Then Yoga instructor made volunteers perform some yoga asanas and breathing exercises. Volunteers actively participated and gave feedback about their experiences. They also shared that they want to continue this practice for longer time to come out of their health problems. In this program 75 volunteers have taken part.

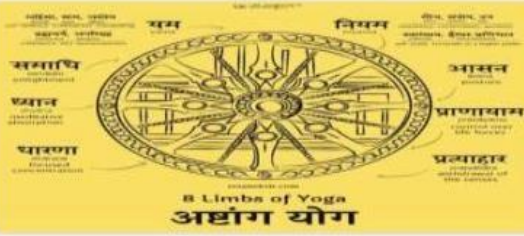






NATIONAL SERVICE SCHEME & DEPARTMENT OF SANSKRIT
GOVERNMENT DEGREE COLLEGE FOR WOMEN (A) BEGUMPET,
OSMANIA UNIVERSITY, HYDERABAD.

ORGANIZING ONE DAY NATIONAL WEBINAR ON INTERNATIONAL YOGA DAY CELEBRATIONS-2021
INTERNATIONAL YOGA DAY 2021 Monday, June 21 - 11:15 am - 1:15pm (Google Meet joining info - Video call link: <https://meet.google.com/whk-tdk-tdk> - ID: 445 511 579-823-8147-9976-747-517-4184)

Prof. Dr. S. Srinivasulu
 Professor of Physical Education,
 Head, Dept of Physical Edu. U.T.



8 Limbs of Yoga
अष्टांग योग

INTERNATIONAL YOGA DAY
LOGO MEANING

- Joining Hands - Union
- Orange Hands - Eye-Karma
- Circle - Oneness
- Green Leaves - Nature
- Blue Human Art - Water in Body
- Yoga for Harmony & Peace

NSS MOTTO :: NOT ME BUT YOU

ORGANIZERS OF THE PROGRAMME:
 DR. S. SRI NIVASULU, PRINCIPAL
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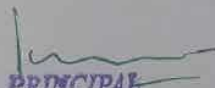
21ST June ,2021, INTERNATIONAL YOGA DAY



INTERNATIONAL YOGA DAY [JUNE 2021] -TOTAL-75 VOLUNTEERS

SL.N O	NAME OF THE VOLUNTEER	CLASS	YEAR
1	Myakala Nandini	BSc (MSCs) second year	2nd yr
2	K Vaishnavi	BSc(MSCs)	3rd yr
3	Jango'u sneha	Mscs	3rd yr
4	Kannam Yesumani	B.Sc(MSCs)	2nd yr
5	D.R.varsha	Msc(mscs)	1st yr
6	Madaraboina vyshanavi	Bsc(mpcs) 1st year	1st yr
7	E. SHIRISHA	BSC MSCS	2nd yr
8	P.Shravya	Bsc (MSDS) 1st year	1st yr
9	Thanisha Bidlan	BSc MSCs	3rd yr
10	V.pravalika	B sc mpcs 1st year	1st yr
11	B. Sai Gayathri	BSC MSCS	1st yr
12	M.shrisha	Bsc mscs	3rd yr
13	Sanga Navya	BSC(MSCs)	2nd yr
14	Saniya	Bsc MSDs	1st yr
15	Kasturi sahithi	Bsc(mscs)	2nd yr
16	Thallapally Nidhitha Goud	B.Sc-Mathematics, Statistics, Data Science	2nd yr
17	Margam Yamuna	BSC(MPCs)	2nd yr
18	Bashetti Nikhiltha	Bsc(mscs)	2nd yr
19	Manthapuri Sirivennela	Bsc (Mccs)	2nd yr
20	LINGALA PRASANNA	Bsc Btzc	3RD yr
21	A.yamuna	Btzc	1st yr
22	A.Rathnamala	BSC btbc	3rd yr.
23	A.ravi sreeni	Anbz	2nd yr
24	Akhila Siliveru	Bsc (MZC)	2nd yr
25	Amisa Giri	Bsc. Mzc	1st yr
26	Anakarla Keerthi Mrudula Grace	BSC CaBZ	3rd yr
27	Anantha Harshitha	Bsc btzc	3rd yr
28	Anshu kairam	Mbcbt	2nd yr
29	Asiya Begum	Bsc bzc	3rd yr
30	B.Saiharshitha	BTBC	1st yr
31	B.shreya	bsc Bzc	1st yr
32	Bandi Poojitha	BSC (BTZC)	2nd yr
33	Banothu jyothsna	Bzcs	1st yr
34	Battu.Jayasree	Mbzbt	3rd yr
35	Battu.Jayasree	Mbzbt bsc	2nd yr
36	BODA SRILEKHA	BSC CaBZ	3rd yr
37	Ch.Rupa	bsc ZCCS	1st yr
38	Chaltri anusha	BSC	1st yr
39	Nikhitha Guguloth	BA	2nd year
40	A. Haritha	BA	1st year
41	A.P deeksha	BA	1st year
42	Adepu sabitha	BA	3rd year
43	Adurukatla swapnamounika	BA	2nd yr
44	Alwala krishnaveni	BA	1st Year

45	B. shravya	BA	1st year
46	B. Divya	BA	2ND yr
47	B.Krishna Tulasi	BA	3rd year
48	B.Navaneetha	BA	3rd year
49	B.priya Darshini	BA	3rd year
50	B.Rani	BA	1st year
51	B.shilpa	BA	3rd year
52	B.Sony	BA	2nd yr
53	Badugu Ranjitha	BA	1 st year
54	Balguri Abhinaya	BA	2nd year
55	Bandagorla shirisha	BA	2nd year
56	Bandari Swarna	BA	1st year
57	Bangari Sowjanya	BA	1ST YR
58	Shivani	BBA	3rd Year
59	Lavanya	BBA	3rd Year
60	Madhu sri	BBA	3rd Year
61	Ravali	BBA	3rd Year
62	Keerthi	B.com	3rd Year
63	Sneha sree	B.com	3rd Year
64	Aishwarya	B.com	3rd Year
65	Swetha	B.com	3rd Year
66	Shruthi	B.com	1st year
67	Abhinaya	B.com	1st year
68	Gynaeshwari	B.com	2nd Year
69	Khushi Agarwal	B.com	2nd Year
70	Tejaswini	BBA	2nd Year
71	Gowrika	B.com	2nd Year
72	Bhargavi	B.com	2nd Year
73	P.Sravani	B.com	2nd Year
74	Gowthami Ratna	B.com	2nd Year
75	Sirisha	BBA	2nd Year


PRINCIPAL
 Govt. Degree College for Women
 Begumpet, Hyderabad.