

Girraj Government College (A),Nizamabad

Department of Chemistry

Academic Year-2021-2022

Outreach Programmes

Department staff participated in Harithaharam, clean in India Programme



Participated in AIDS Day awareness rally organised by WORD organisation(NGO) and NSS Units



Participated in workshop on Importance of Yoga organised by Science Universe organisation and NSS

Introduction

Girraj Government College (A) Nizamabad, NSS units (I to V) organized one day workshop on Importance of Yoga on 19/5/2022 in collaboration with Science Universe Organization, Hyderabad in college auditorium under the chairmanship of Principal Dr.P.Ram Mohan Reddy as a part of IDY-2022. Telangana University NSS Programme Coordinator Dr.K.Ravinder Reddy was the chief guest of the inaugural session and Sri Ch.Venu gopal, Smt.Ch.Sunitha, Sri,Naveen Babu from Science Universe Organization ,Hyderabad were the resource persons for this workshop. All the NSS Programme officers E.Venkataramana, M.Kumaraswamy, Dr.M.Sunitha, Dr.P.Raviraj, M.Dastappa were the organizers of the Programme.

Objective

- To bring about awareness about the health benefits of yoga and its several practices.

Learning Outcome

- The student will increase their dynamic flexibility
- The student will develop a greater sense of body self esteem and appreciation for the art of Yoga.

Activity Report

One day Workshop on “Importance of Yoga” was conducted as a part of IDY-2022 in the College. In the inaugural session Presided over by Principal Dr.P.Ram Mohan Reddy, Guests spoke on the importance of Yoga for healthy life and advised Participants to follow it daily.

After the inaugural session Resource persons Smt.Ch.Sunitha, Sri.Ch.Venugopal, Sri.Naveen babu explained the importance of Yoga in daily life, demonstrated different asanas, made aware them on the Power of meditation, Pranayama and they trained the participants on Suryanamaskara. They also focused on the intention behind the celebration of International day of Yoga. The workshop ended with the interactive session on doubts by the participants.

No.of Participants-120

Photos





Press clip



Head Department of Chemistry
Girraj Government College (A),
NIZAMABAD. (T.S)