

Government Degree College for Women, Begumpet
Women Empowerment Cell
SURYA NAMASKARAMS

Dt.03-01-2022

On the occasion of 75 anniversary of independence, the Govt. of India announced to celebrate 75 crore Surya Namaskar Project historically under the banner of Azadi ka Amrit Mahotsav. The organisers including Patanjali Yogpeeth, Geeta Pariwar, Heartfulness, Kreedha Bharathi and National Yogasana Sports Federation. This program will be landmark in generating awareness about the efficacy of Surya Namaskarams and yogasana.

Objective of the Program:

1. To bring awareness of Suryanaskas and their role in maintaining sound health.
2. To bring discipline among the students.
3. To understand the role of Govt. of India towards the health of youth and others.

Women empowerment cell in collaboration with NSS units this program was started on 03-01-2022. This program was held for 21 days continuously and the students learnt about 13 Yogasanas. The students were guided by the eminent persons from various organizations like G. Nagarjuna (Bharath Swabhimani Trust), P. Devender (Patanjali Yog Samithi), Deepak Josh (Bharath Swabhimani Trust), Neelam Thripathi (Mahila Patanjali Yog Samithi), Shatrughan Singh (Zilla Prahari Yuva Bharath), Sunil Agarwal (Zilla Prahari Kisan Panchayath), Ch. Suresh (Bharath Swabhimani Trust).

Outcome of the program : 1. Students will come to know about the importance of Surya Namaskars and their importance.

2. Students become more conscious about health.
3. They also play a major role in spreading awareness regarding Surya Namaskars and Yogasana.

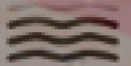
No. of Students Participated: 60





1-10-166, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

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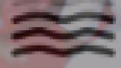
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ACADEMY BLOCK, GOVERNMENT DEGREE COLLEGE FOR WOMEN, Mayur Marg, Begumpet, Hyderabad, Telangana 500016, India

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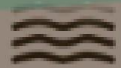
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