



AVANTHI'S St. THERESSA INSTITUTE OF Engineering & Technology

(Approved by AICTE, Recognised by the Govt. of A.P., & Affiliated to JNTU-GV, Vizianagaram)
Garividi (Cheepurupalli) Vizianagaram Dist - 535101
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Date: 12.06.2025

CIRCULAR

The NSS Unit of our college is organizing a 'One Day International Yoga Day' on 21.06.2025 at Conference Hall from 9.00 A.M to 1.00 P.M. This program aims to foster youth empowerment, leadership, self-discipline, and community service awareness among students. Various sessions will be conducted focusing on motivation, and social responsibility.

All NSS volunteers and interested students are requested to participate and make the event a grand success. Attendance is compulsory for NSS volunteers. All faculty members are encouraged to avail themselves of this opportunity and participate in the programme without fail.

Resource person:

Mr. J. Lakshmi Naidu, Retired MEO, Yoga Guru and Hemalatha, Brahma Kumari

R. Siva
NSS PO

12/06/25
PRINCIPAL

PRINCIPAL
Avanthi's Saint Theresa Institute of
Engineering & Technology
GARIVIDI (Cheepurupalli)
Vizianagaram Dist - A.P.

Submitted to: Hon'ble Management for Favor of information

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Committed for achieving Excellence in Technical Education





Date:21.06.2025

Program Report

Name of the Event	One Day International Yoga Day
Event starting date	21.06.2025
Event ending date	21.06.2025
Place of the activity	Conference Hall
Number of participants	60
Collaboration	ASTC NSS UNIT - <i>Brahma Kumaris</i>
Description	<p><u>Hemalatha Brahma Kumari</u> speeches usually revolve around <i>spiritual empowerment, inner peace, meditation (Raj yoga), self-transformation, and values-based living.</i></p> <p><u>Mr. J. Lakshmi Naidu, Retired MEO, Yoga Guru</u> explained, Yoga is not just an exercise. It is a way of life — a path that teaches us how to bring balance to the body, peace to the mind, and strength to the spirit. In my own life, yoga gave me clarity, energy, and calmness</p>

Program Outcomes

Yoga is a holistic practice that integrates physical postures (asanas), breathing techniques (pranayama), meditation (dhyana), and ethical principles to promote overall well-being—physically, mentally, and spiritually. It originated in ancient India and has been practiced for thousands of years.

Key Branches of Yoga:

1. **Hatha Yoga** – Focuses on physical postures and breath control.
2. **Raja Yoga** – The "royal path" of meditation and mental discipline.
3. **Bhakti Yoga** – Devotion and love towards the divine.
4. **Karma Yoga** – Selfless action and service.
5. **Jnana Yoga** – Path of wisdom and knowledge.

Benefits of Yoga:

- Improves flexibility and strength
- Reduces stress and anxiety
- Enhances focus and mental clarity
- Promotes emotional balance

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	<p><i>Hemalatha Brahmakumari speech</i></p>
<p><i>Mr. J. Lakshmi Naidu, Retired MEO, Yoga Guru speech</i></p>	<p><i>Dr. J. Bala Bhaskara Rao, Principal speech</i></p>
<p>Hemalatha Brahma Kumari speeches usually revolve around <i>spiritual empowerment, inner peace, meditation (Raj yoga), self-transformation, and values-based living.</i></p> <p>Mr. J. Lakshmi Naidu, Retired MEO, Yoga Guru explained, Yoga is not just an exercise. It is a way of life — a path that teaches us how to bring balance to the body, peace to the mind, and strength to the spirit. In my own life, yoga gave me clarity, energy, and calmness.</p> <p>Dr. J. Bala Bhaskara Rao, Principal narrated, Meditation is not a religious practice. It is a scientific method to train the mind. Just as we exercise the body for fitness, we must also exercise the mind for calmness and control. Unfortunately, we teach everything in education — but we often forget to teach how to handle stress, anxiety, and distractions. He explained the formation of 112 meditation techniques.</p>	



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Yoga- Asanas with our students



Meditation with our students



Yoga- Asanas with our students

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Meditation with our students



Yoga- Asanas with our students

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