

Circular



GMR Institute of Technology
An Autonomous Institute Affiliated to JNTU, Kakinada



6th International Day of Yoga – June 21, 2020

**NSS Unit of GMR Institute of Technology
Invites You for the Virtual Session on “Practice of Yoga”
From 7 – 8 AM, on June 21, 2020 (Sunday)**

Registration Link: <http://www.tinyurl.com/GMRITYogaRegistration>
NO Registration Fee

Live Link: <http://www.tinyurl.com/GMRITYogaLive>
(Active from 7 – 8 AM on June 21, 2020)

Quiz Link: www.tinyurl.com/GMRITYogaQuiz
(Activate from 8 – 8:30 AM on June 21, 2020)

E-Certificates will be issued after the virtual session and Quiz

Facilitator:

Dr Bh Arun Kumar

Associate Professor in Physical Education & Yoga Trainer – GMRIT

Organizing Committee:

Dr CLRSV Prasad

Principal – GMRIT

Dr KVS Prasad

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Dr J Raja Murugadoss

Vice Principal - GMRIT

Dr V Rambabu

Coordinator – Students Affairs



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NATIONAL SERVICE SCHEME UNIT

RAJAM – 532 127, Srikakulam District, Andhra Pradesh



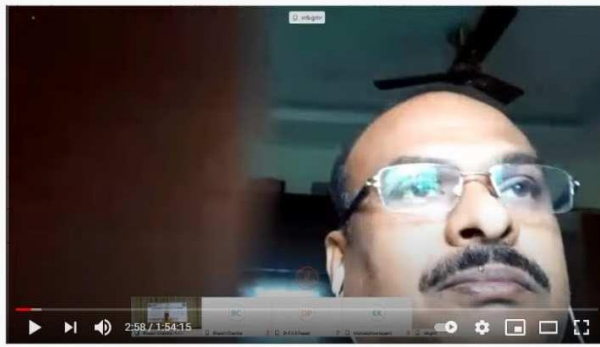
Report on International Day of Yoga 2020

In view of the COVID-19 pandemic, this year International Yoga Day was celebrated on digital media platforms and there were no mass gatherings at the campus. Keeping this year theme for the yoga day “Yoga at Home and Yoga with Family”, the NSS Unit of GMRIT organized a virtual session of “Practice of Yoga” in view of 6th International Day of Yoga at 7 a.m. on 21st June 2020. The NSS team organized a workshop for all, which was telecast on our official YouTube channel. The workshop started with the opening remarks by Coordinator, Students Affairs Dr. V. Rambabu, followed by the Chief Guest of the workshop and Our honorable Principal Dr. C.L.V.R.S.V.Prasad spoke about the importance of adopting yoga as a part of daily activities to encourage physical and mental wellbeing. He also said Yoga was essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body.

Facilitator of the workshop Dr. Bh. Arun Kumar, Associate Professor in Physical Education & Yoga Trainer – GMRIT briefed the participants about the yoga and its importance. He motivated everyone to take part in the programme. He also demonstrated common yoga protocol i.e. several Yogaasanas namely Taadaasana, Vriksaasana, Pada-hasthasana, Ardha Chakraasana, Trikonaasana, Bhadrasana, Ardha Ustraasana, Sasankaasana, Vakrasana, Bhujangasana, Salabhasana, Makarasana, Setubandhasana, Savasana, Kapaalabhati besides loosening exercises and Praanayama etc. as per the common Yoga protocol given by the Government of India. These were highly effective and helpful to the participants. Hence, the participants actively participated and practiced the various asanas.

The online yoga session concluded after 60 Minutes. A online quiz was conducted to the participants regarding the yoga and its importance and all the participants awarded with a certificate after the completion of quiz. Dr. K.V.S.Prasad, NSS Programme Officer proposed the vote of thanks by expressing deep sense of gratitude to the management of GMRIT for supporting the NSS Unit with all necessary requirements. He also expressed sincere thanks to the Yoga Guru and his team. He also thanked all the staff, NSS Volunteers and Students for their active participation and successful completion of the programme.

Photographs



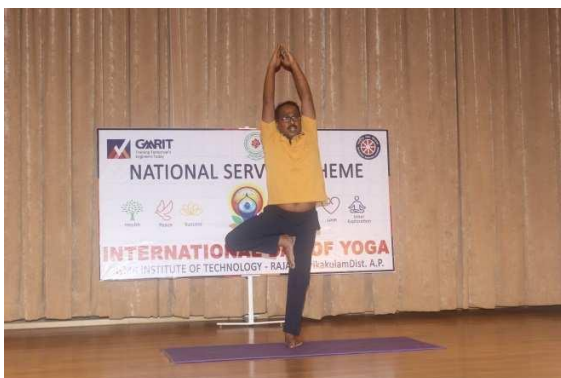
Opening remarks on IDY 2020 by Coordinator-Students Affairs Dr. V. Rambabu



Inauguration of International Day of Yoga 2020 and address by the chief guest of the event & our Principal Dr. C.L.V.R.S.V.Prasad



Prayer and Loosening Practices by yoga facilitator Dr. Bh. Arun Kumar



Demonstration of Yogaasanas

Photographs

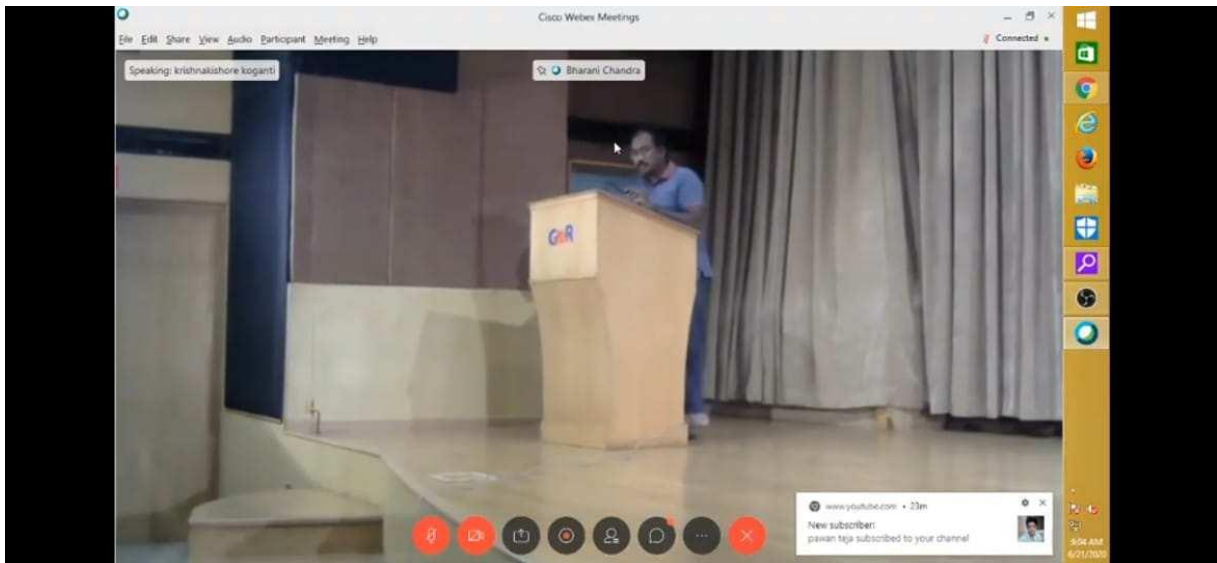


Demonstration of Yogaasanas



Technical Organizers of the event

Dr. P.Bharani Chandra Kumar, HoD, EEE and Dr. K. Krishna Kishore, Sr. Assistant Professor, ECE



Vote of thanks by Dr.K.V.S.Prasad, NSS Programme Officer & Convener IDY 2020

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Participation certificate - Sample

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6th International Day of Yoga – June 21, 2020

CERTIFICATE OF PARTICIPATION

This is to certify that **DR.K.V.S.PRASAD** (Ref:GMRIT/YOGA/30) from **GMR INSTITUTE OF TECHNOLOGY** has participated in virtual session of *Practice of Yoga* in the view of 6th International Day of Yoga organized by **NSS Unit of GMR Institute of Technology, Rajam** on June 21, 2020.

DR.K.V.S.PRASAD has received Grade **"A++"** in the online quiz on yoga.

 Dr. K. V. S. Prasad NSS Program Officer	 Dr. J. Raja Murugadoss Vice Principal	 Dr. C. L. V. R. S. V. Prasad Principal
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