



Learn Beyond

KPR Institute of Engineering and Technology

(Autonomous, NAAC "A")

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STUDENT AFFAIRS045**NBA Accredited**

(CSE, ECE, EEE,

MECH, CIVIL)

AWARENESS SESSION ON YOGA BY ISHA FOUNDATION

Event No	STUDENT AFFAIRS045
Organizing Department	Student Affairs
Associate Dept. NSC	Student Affairs
Date	25/05/2023
Time	03:00 PM to 04:00 PM
Event Type	Workshop
Event Level	Institute
Venue	Kalaingarangam
Total Participants	870
Faculty - Internal	20
Students - Internal	850

Related SDG**Resource Persons**

Sl	Type	Name	Designation	Company	Email	Phone
1	Chief Guest	Naveen Madiraju	Yoga Teacher	ISHA Yoga foundation	madirajun@yahoo.com	xxxxxxxxxx

Involved Staffs

Sl	Name	Role
1	Suryakanth J	Convenor
2	Ravikumar P	Co-convenor
3	Jaya Surya	Coordinator

Outcome

The Awareness Session on Yoga, organized by the Student Affairs of KPR Institute of Engineering and Technology in collaboration with the renowned ISHA Foundation, was a resounding success. Held on 25th May 2023 at 3:00 PM, the event brought together a diverse group of participants, 1st year students, 1st year faculty of KPR Institute of Technology. The session commenced with an introduction by Dr. J. Suryakanth, the Director of Student Affairs at KPR Institute of Engineering and Technology. Dr. Suryakanth welcomed the attendees and expressed his enthusiasm for the event, highlighting the importance of yoga in promoting physical and mental well-being.

Following the introduction, the session was led by the esteemed resource person from ISHA Foundation, Naveen Madiraju. With his deep knowledge and expertise in yoga, Naveen captivated the audience with his engaging and informative presentation. He shared his personal experiences and insights, further emphasizing the transformative power of yoga.

Event Summary

The Awareness Session on Yoga, organized by the Student Affairs department at KPR Institute of Technology in collaboration with the renowned ISHA Foundation, took place on 25th May 2023 at 3:00 PM. The event aimed to provide participants with valuable insights into the practice of yoga and its impact on overall well-being. The session commenced with an introduction by Dr. J. Suryakanth, the Director of Student Affairs at KPR Institute of Engineering and Technology. Dr. Suryakanth warmly welcomed the participants and highlighted the significance of yoga in promoting physical and mental well-being. His opening remarks set the tone for an enlightening and transformative session.

The event featured a distinguished resource person, Naveen Madiraju, from the renowned ISHA Foundation. Naveen's expertise in yoga and his passion for the practice were evident throughout the session. He captivated the audience with his engaging presentation, sharing personal experiences and deep insights into the transformative power of yoga. Under the guidance of Naveen Madiraju, participants were led through various yoga postures, emphasizing correct alignment and mindful breathing. Naveen's instructions were clear and accessible

to participants of all levels, from beginners to more experienced practitioners. Participants eagerly followed the instructions, experiencing the physical, mental, and emotional benefits of each posture.

The event concluded with a vote of thanks by Dr. J. Suryakanth, expressing gratitude to Naveen Madiraju and the ISHA Foundation for their valuable contributions in making the session a success. Attendees expressed their appreciation for the enlightening and transformative experience they had during the Awareness Session on Yoga. The Awareness Session on Yoga provided participants with a deeper understanding of yoga and its multifaceted benefits. Attendees gained practical knowledge and tools to incorporate yoga into their daily lives, promoting overall well-being and mental clarity. The session fostered a sense of unity and camaraderie among the participants, creating a positive and enriching environment.

The Student Affairs department remains committed to organizing events that promote holistic well-being and personal growth. Participants were encouraged to stay tuned for future events and activities centered around wellness and self-development. Overall, the Awareness Session on Yoga served as a platform for participants to explore and experience the transformative power of yoga. The event successfully fulfilled its objectives, leaving a lasting impact on the attendees and inspiring them to continue their yoga journey towards a healthier and more balanced life.

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