

## **SRI Y N COLLEGE – YOGA CENTRE**

### **Activities in 2017-18**

- ❖ The activities of the Yoga Centre for the academic year 2017-18 began with the celebration of the **International Yoga Day** on 21<sup>st</sup> June 2017.
- ❖ A programme was organised in the College Gymnasium from 7 to 8 A.M wherein the Secretary & Correspondent of the College, Dr C Satyanarayana Rao, Principal Dr K V C S Appa Rao, Vice – Principal Dr A R S Kumar, NCC and NSS Coordinators and the teaching and non – teaching staff of our College performed “ **Yoga Aasanas & Surya Namaskars** “ under the direction of the Yoga Centre Coordinator, Sri M.Venkata Ratnam.
- ❖ During this year, the Centre offered “ **15-Day Certificate Course on Yoga** “. More than 60 students from the Degree, B.Ed, D.Ed and PG have successfully completed the course.
- ❖ The Yoga Centre encouraged our College lecturers to participate in the State Level Conference on “ **Personality Development in Swamy Vivekananda Way** “ organised by Sri Ramakrishna Mission, Vijayawada on 16<sup>th</sup> November 2017. Smt. S.S.Smitha, Lecturer in the PG Department of Management Studies stood in the first place and was awarded Rs.5000/-.
- ❖ On the occasion of National Youth Day Celebrations on 12<sup>th</sup> January 2018, Mr. M.Venkata Ratnam delivered a guest lecture on “ **Swamy Vivekananda’s Message to Youth** “ in the DNR Govt. Women’s College, Palakol.
- ❖ On 23<sup>rd</sup> January 2018, the Yoga Centre, in association with Sri Ramakrishna Mission, Vijayawada organised a Conference in our College on the topic “ **Personality Development in Swamy Vivekananda Way** “ prior to this, the university level Essay Writing Competitions were conducted for the College students. 224 participants from different colleges participated in the **Written Test**. 25 short listed candidates from the Competitions are given a chance to speak in the Conference. Our College degree students won 1<sup>st</sup> & 3<sup>rd</sup> prizes on the basis of written test and the oral presentation. Miss G Soundarya, III B.Sc, Miss P.Rohini, I B.Sc won 1<sup>st</sup> & 3<sup>rd</sup> prizes respectively.