

## **SRI Y N COLLEGE – YOGA CENTRE**

### **Activities in 2019-20**

- ❖ As part of the Tradition, the Yoga Centre celebrated the International Yoga Day on 21<sup>st</sup> June 2019 with the active involvement of more than 100 students from our College and neighbouring schools.
- ❖ In the State Level Essay – Writing Competitions conducted by Sri Ramakrishna Mission , Vijayawada in September 2019, 94 students of our College participated. Out of 5,846 contestants from 153 Colleges, Miss B Hema Jain, B.Sc 2<sup>nd</sup> Year student stood in the 4<sup>th</sup> place. The entire event was organised and coordinated by the Yoga Centre.
- ❖ Similarly in the ‘ Jagruthi ‘ Cultural Fest conducted by Sri Ramakrishna Mission, Vijayawada, in our College campus, more than 300 students participated and nearly 30 of them obtained prizes of their effective participation. The entire activity was coordinated by the Yoga Centre.
- ❖ On the occasion in Swami Vivekananda Jayanthi on 12-01-2020, the Yoga Centre organised a ‘ Photo Exhibition ‘ with Swami Vivekananda photos for inspiring the students.
- ❖ The College Management, led by Dr C Satyanarayana Rao garu, has a high Vision to promote the Centre as one of the best practices of the College. In pursuing of this a spacious Yoga hall has been developed with a good ambience in the newly constructed 2<sup>nd</sup> floor on the PG block.
- ❖ In the time table one period is allotted for ‘Yoga’ for all UG & PG students. One full - time Yoga teacher is appointed. Thus all the students got access to the Yoga practice from this academic year which ensured their physical and mental health.
- ❖ I sincerely thank our College Management for this great effort.