



## YOGA & HEALTH CENTRE ANNUAL REPORT : 2016-17



**M. Venkata Ratnam**

Health & Yoga Centre, Coordinator

I am happy to place before you the Annual Report on activities and programmes conducted by the Yoga & Health Centre of Sri Y.N.College for the year 2016-17. The centre has conducted a "Certificate Course in Yoga" for 35 students of Sri Y.N.D.El.Ed.College from 15-06-2016 to 14-12-2016 and awarded certificates. The second batch certificate course both PG & UG Students of Sri Y.N.College was conducted from 04-08-2016 to 13-09-2016 for 23 students. The Third batch certificate course was conducted from 19-09-2016 to 17-10-2016 for 15 students of PG & UG Students of Sri Y.N.College and IV Batuch Certificate Course in this academic year conducted for 17 UG students of our college from 29-11-2016 to 28-12-2016. We have successfully conducted this course and awarded certificates to all students who admitted in this course.

On 21st June, 2015 the centre celebrated "International Yoga Day" in our college. There were hundred students and faculty members who participated in this celebration. The centre coordinator, Mr.M.Venkata Ratnam demonstrated many Yogasanas and spoke about the dos and

don'ts of these Yogasanas. The programme was conducted in collaboration with NCC and NSS units of our college. Capt.V.R.Shyam Sundhar, CO of 7 (A) Naval Unit of NCC, attended as Chief Guest to this programme. Dr.KVCS Appa Rao, Principal of the college, NCC Naval wing officers Dr.ARS Kumar, Dr.S.B.Ronald, Dr.K.Venkateswarlu, NSS Units Coordinators Dr.M.Nageswara Rao and Mr.Yacob participated in this programme.

Mr.M.Venkata Ratnam, coordinator of the centre delivered a guest lecture on "Yoga and Its Relevance in Human Life" at BGBS Women's College, Narsapur on the occasion of International Yoga Day. The programme was organized under the aegis of NSS Unit of BGBS Women's College.

The Yoga and Health Centre and Sri Y.N.B.Ed. College jointly organized a Guest Lecture on "Science of Yoga" and Dr.P.B.Pratap Kumar, MBBS,DCH, Akiveedu, attended as resource person. Dr.N.Chinta Rao, Director of Dr.C.S.Rao PG Centre, Mr.M.K.Ramakrishna Rao, I/c Principal of Sri Y.N.B.Ed. College, other faculty members, B.Ed., D.El.Ed., and PG Students participated in this programme.