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NATIONAL SERVICE SCHEME
T.K.R.COLLEGE OF
ENGINEERING AND
TECHNOLOGY



Presents

INTERNATIONAL YOGA DAY 2021

WE THE NSS UNIT OF TKR COLLEGE OF ENGINEERING AND TECHNOLOGY INVITE YOU ALL TO OUR "YOGA WORKSHOP" ON THE OCCASION OF INTERNATIONAL YOGA DAY.

SESSION WILL BE TAKEN BY

CERTIFIED YOGA TRAINER
G.SWATHI GARU

21st of June 2021 From 10 AM to 11 AM

@ zoom

certificate of participation will be provided

PLEASE JOIN THE WHATSAPP GROUP LINK GIVEN IN THE DESCRIPTION BELOW TO PARTICIPATE

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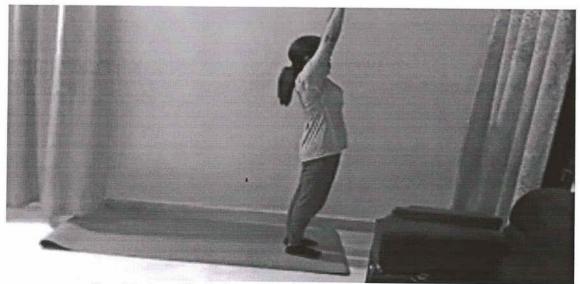
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International Yoga day was celebrated in online mode with zoom meeting with 150 students on 21/06/2021. The online yoga session was conducted with Yoga Trainer Ms. G. Swathi Reddy.



The online yoga session was conducted with Yoga Trainer Ms. G. Swathi Reddy.



Yoga Trainer Ms. G. Swathi Reddy performing yoga assanas

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A Report on

On the occasion of INTERNATIONAL YOGA DAY

TITTLE: REPORT ON YOGA SESSION

EVENT DATE: 21 June 2021

VENUE: Zoom Meet

The NSS unit of TKR College of Engineering and Technology conducted an online yoga session on account of International Yoga Day i.e on 21st June 2021.Volunteers of NSS unit worked collectively and made the online yoga session successful

- Due to the global pandemic situation and keeping the social distancing in view, the
 event was conducted online through Google Meet. The session was attended by staff
 members, students and NSS volunteers of TKR College of Engineering and Technology. More
 than 150 volunteers from the NSS unit actively took part in the session.
- The online yoga session was conducted with G.Swathi Reddy as guest speaker and resource person. She is a certified master and teacher of Yoga.
- The session started at 10:00 am, with the welcoming lines and opening speech of our NSS program officer J.Sunith Kumari madam.
- Followed by cultural session in which NSS volunteers sung religious songs spoke on vedic wellness in the times of pandemic.
- Thereon, the resource person took over the session and started it by reciting a shloka. The session went on from learning the importance of meditation to performing asanas. The session also included importance of mindfulness in our day to day life.
- All the participants including our staff followed and performed the asanas as told by yogacharya. The practice session, went on for 1 hour with active responses and enthusiasm. The session was very interactive and resourceful providing an insight into yoga and its importance.
- At the end, there was a question and answer session. All the participants posed their thoughtful doubts and questions about yoga, meditation and mental health.
 An extensive discussion on tackling the gobal pandemic with Vedic wellness was the center of attraction of this event. Participants were provided with online participation certificate
- The session ended at 11:15am, was closed by concluding lines. Later on while conducting the online feedback the responses and feedback by participants and staff was very good.

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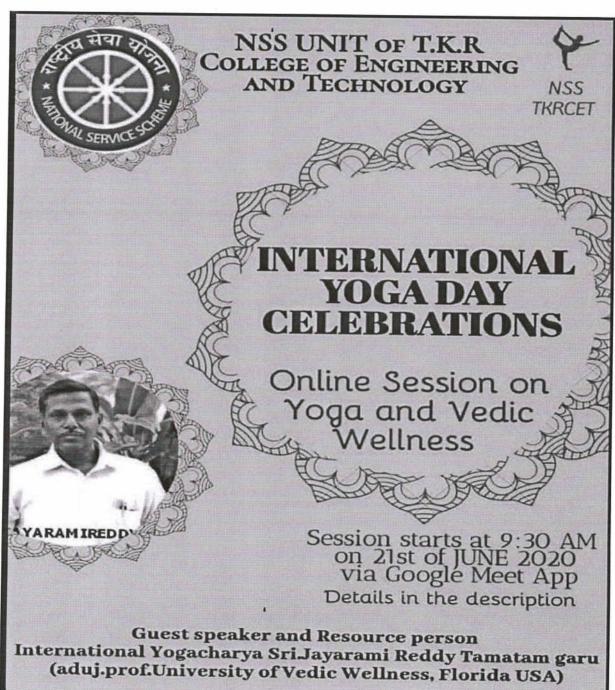
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3 (48)

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Nikitha Dubakunta 3 mins Yes maam

Dodda Sri harsha Chakravarti 1 min Hi mani sharan

Mani sharan228 Now Hi hi

Dodda Sri harsha Chakravarti Now Yoga chesthunnava

Mani sharan228 Now Do yoga mama laaga Do yoga mam laaga

Send a message to everyone here

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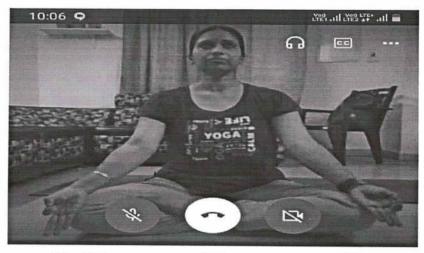
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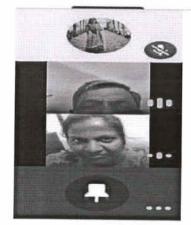
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Nikitha Dubakunta (You)

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Others in the meeting (34)



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A Report on

International Yoga Day Celebrations

Date: 21/06/2020

The NSS unit of TKR College of Engineering and Technology conducted an online yoga session on account of International Yoga Day i.e on 21st June 2020. Volunteers of NSS unit worked collectively and made the online yoga session successful.

Due to the global pandemic situation and keeping the social distance in view, the event was conducted online through Google Meet. The session was attended by staff members, students and NSS volunteers of TKR College of Engineering and Technology. More than 150 volunteers from the NSS unit actively took part in the session. The online yoga session was conducted with G.Swathi Reddy as guest speaker and resource person. She is a certified master and teacher of Yoga. The session started at 10:00 am, with the welcoming lines and opening speech of our NSS program officer J.Sunitha Kumari madam. Followed by a cultural session in which NSS volunteers sang religious songs and spoke on vedic wellness in the times of pandemic.

Thereon, the resource person took over the session and started it by reciting a shloka. The session went on from learning the importance of meditation to performing asanas. The session also included the importance of mindfulness in our day to day life.

All the participants including our staff followed and performed the asanas as told by yogacharya. The practice session went on for 1 hour with active responses and enthusiasm. The session was very interactive and resourceful providing an insight into yoga and its importance. At the end, there was a question and answer session. All the participants posed their thoughtful doubts and questions about yoga, meditation and mental health. An extensive discussion on tackling the global pandemic with Vedic wellness was the center of attraction of this event. Participants were provided with online participation certificate.

The session ended at 11:15am, and was closed by concluding lines. Later on while conducting the online feedback the responses and feedback by participants and staff was noted to be very good.

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Lt.No.O/o Principal/TKRCET/CIR/17/2019

Date: 19.06.2019.

CIRCULAR

All the Staff and Students of TKRES are requested to attend The "YOGA DAY CELEBRATIONS" on the occasion of 5th International Yoga Day on 21.06.2019. being organized by NSS unit in collaboration with Bharathiya Yoga Samstan at 5:00 AM in the college Cricket Ground.

Copy to:

All the HODs & Deans

AO – for information

Principal



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International Yoga day was celebrated in the college premises with more than 400 students on 21/06/2019 .A Guest lecture on "Importance of Meditation" was organizedby NSS unit in association with SAHAJA YOGA.



A Guest lecture on "Importance of Meditation" by founder SAHAJA YOGA.



The Yoga Team with Shri Teegala Krishna Reddy garu

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TKR COLLEGE OF ENGINEERING AND TECHNOLOGY 5TH INTERNATIONAL YOGA DAY

21ST JUNE 2019

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TKR COLLEGE OF ENGINEERING AND TECHNOLOGY 5TH INTERNATIONAL YOGA DAY

21ST JUNE 2019

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21ST JUNE 2019

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TKR COLLEGE OF ENGINEERING AND TECHNOLOGY 5TH INTERNATIONAL YOGA DAY

21ST JUNE 2019

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17	V. shothank	cme	V. Shad and
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20	S. Badrinath	CME	Badrinathy.
21	A Srihasha Reddy	CME	Atribashy,
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23	P. John	MEC	p-tono.
24	K. Karthik	WEC	this of
25	B. Saagar Naidu	MEC	James .
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NSS PROGRAMME OFFICER
NSS UNIT-I

TKR COLLEGE OF ENGINEERING & TECHNOLOGY

TKR COLLEGE OF ENGINEERING AND TECHNOLOGY **5TH INTERNATIONAL YOGA DAY**

21ST JUNE 2019

S.NO	NAME OF THE STUDENT	BRANCH	SIGN
1	K.Navya	CME	Davya.
2	U. souneetha	CME	Rot
3	V. Southa	CME	Chul
4	N. Manya shuee	CME	&-4·
5	K. Promeela	CME	R. MANNE
6	T. Vaishnaui	CME	Tivoushmani
7	R. mourika	CME	(male)
8	L. Beaula	CME	Beaula
9	T. Treethand	CME	Kill Andrews (A)
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11	6. Sudhikena	CME	Schukelay.
12	K. Dhanash	45311	Kans
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14	J. Karthillerg.	MECH.	Cost Kap
15	E. Jayanth &	Mech	Ejayath
16	E. Vullateshwan Raddy	MECH	Curtie
17	V. Horshith	MECH	touchith.
18	P. Swya.	MECH	Surga
19	M. Siddartha	MECH	ang
20	J. Dranay Kumas	MECH	5 poranay sumal
21	R. Rahul Ram	CME	74
22	A. Mahesli	CME	Mahesh
23	p. museli Kristina	mec+1	mari Kristin
24	N. Nishanth	MECH	Cottone.
25	J. Mahesh Babla	MECH	Mahoth
26	T. Yuyavaj	MECH	typury
27	J.Eshwayaday	MCCH	CSML.
28	P. Naveen	MECH	P. Naveen
29	B. Hari Charan	MECH	By Hasi Charran
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A Report on

INTERNATIONAL YOGA DAY CELEBRATIONS

Date: 21/06/2019

The NSS unit of TKR College of Engineering and Technology conducted yoga session on account of International Yoga Day i.e on 21st June 2019. Volunteers of NSS unit worked collectively and made the yoga session successful.

. The session was attended by staff members, students and NSS volunteers of TKR College of Engineering and Technology. More than 150 volunteers from the NSS unit actively took part in the session in college cricket grounds. The yoga session was conducted with "SAHAJA YOGA" team . The trainer is a certified master and teacher of Yoga .The session started at 5:00 am, with the welcoming lines and opening speech of our NSS program officer J.Sunitha Kumari madam.Followed by the speech of Shri TEEGALA KRISHNA REDDY,Chairman, TKRES.

Thereon, the resource person took over the session and started it by depicting asanas. The session went on from learning the importance of meditation to performing asanas. The session also included the importance of mindfulness in our day to day life.

A seminar was also held in the auditorium on the "Importance of Meditation" .All the participants including our staff attended the session.

The session ended at 11:15am, and was closed by the words of our chairman sir.

NSS Programme Officer

NSS PROGRAMME OFFICER

NSS UNIT-I
TKR COLLEGE OF ENGINEERING & TECHNOLOGY

Principal



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Lt.No.O/o SEC/TKRES/CIR/23/2018

Date: 19.06.2018.

CIRCULAR

All the Staff and Students of TKRES are requested to attend The "YOGA DAY CELEBRATIONS" on the occasion of 4th International Yoga Day on 21.06.2018. being organized by NSS unit in collaboration with Walkers Association at 5:00 AM in the college Cricket Ground.

Copy to:

All the HODs & Deans

AO – for information

PRINCIPAL

Principal

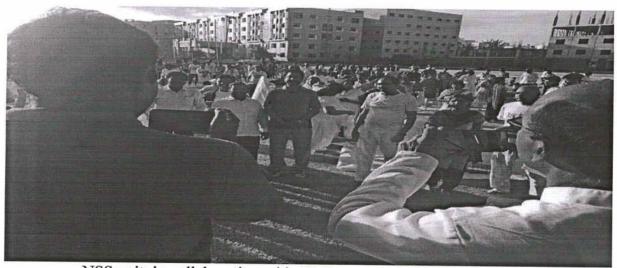
TKR College of Engineering & Technology (AUTONOMOUS)



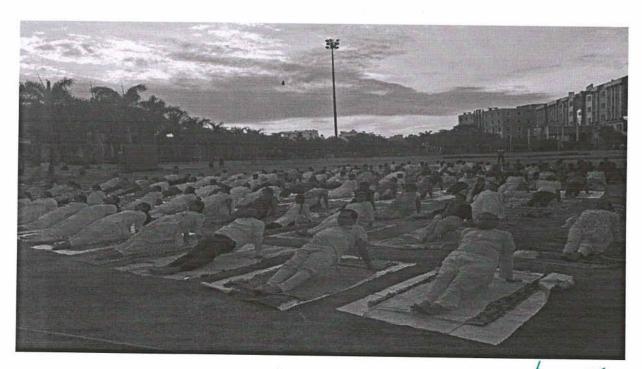
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NSS Unit organized Yoga Day celebrations along with 1000 students in the College Premises on 21/06/2018.



NSS unit in collaboration with Walkers Association on Yoga Day



Staff and Students Participating in Yoga Day

NSS PROGRAMME OFFICER

NSS UNIT-I

TKR COLLEGE OF ENGINEERING & TECHNOLOGY

TKR College of Engineering & Technology 4th International Yoga Day

21.06.2018

List of	Students	Partici	pated
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S.No.	Name of the Students	Branch	Year
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4	LPavan	MECH	I
5	N. Alil	CSE	IL
6	M. Handoep	CSE	T
7	K. SHIVA	CSE	1/
8	M. Uday Kumar	ECE	TV
9	MD. Abdal Azeem	FC.F	W.
10	N. AJay	ÈCE	111
11	T. Indu	FCF	T
12	B. Yamini	CSE	I
13	Anjali	CSF	工
14	Vidovalaxmi	FCE	並
15	Simi	FCE	IV
16	Hanshith	ECF	IV
17	muzadi	CGE	IV
18	Rhavatori	ECE	丁
19	Sorhvile	med	T
20	sainteja	Civil	TII
21	chali	CSE	10
22	M. Keekhona	Civil	TU
23	R. ooh a K. Preetki	civil	270 4691
24	K. Preethi	civil	ना जुल्ला
25	Pichin	Mech	202
26	KUPA	Cse	385
27	Akshitka	civil	3rd
28	Renushree	IT	3,4
29	Saniana	ÉCE	32
30	Shirsha	TT	317 815
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42	Mounika	Mech	TT 29
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44	1. Meghana.	11506	TKR College
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NSS PROGRAMME OFFICER

NSS UNIT-I TKR COLLEGE OF ENGINEERING & TECHNOLOGY

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66	Tejakumar	CIVIL	
67	Rajesh	CSEML	20)
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A Report on

INTERNATIONAL YOGA DAY CELEBRATIONS

DATE: 21/06/2018

The NSS unit of TKR College of Engineering and Technology conducted yoga session on account of International Yoga Day i.e. on 21st June 2018 in association with WALKERS ASSOCIATION.. More than 1000 staff members, students and NSS volunteers of TKR College of Engineering and Technology actively took part in the session in college cricket ground

The event started at 5:30 am, with the welcoming lines and opening speech of our NSS program officer J.Sunitha Kumari madam Followed by the speech of Shri TEEGALA KRISHNA REDDY, Chairman, TKRES. Thereon, the resource person took over the session and started it by depicting asanas. The session went on from learning the importance of meditation to performing asanas. The session also included the importance of mindfulness in our day to day life.

The session ended at 11:00 am, and was closed by the words of our chairman sir.

NSS Programme Officer

NSS PROGRAMME OFFICER
NSS UNIT-I
TKR COLLEGE OF ENGINEERING & TECHNOLOGY

Principal



(Sponsored by TKR Educational Society , Approved by AICTE, Affiliated by INTUH, Accredited by NBA & NAAC with 'A' Grade)



A' Report on

INTERNATIONAL YOGA DAY CELEBRATIONS

DATE: 21/06/2017

The NSS unit of TKR College of Engineering and Technology Participated in yoga session on account of International Yoga Day organized on 17.06.2017 at JNTUH which in collaboration with Walkers Association More than 30 students and NSS volunteers of TKR College of Engineering and Technology actively took part in the session ,

The event started at 10:30 am, with the inauguration by the resource person and later the resource person took over the session and started depicting the asanas. The session went on from learning the importance of meditation to performing asanas. The session also included the importance of mindfulness in our day to day life.

The session ended at 11:00 am, and was closed by the words of HEAD WALKERS FOUNDATION.

NSS Programme Officer

NSS PROGRAMME OFFICER

NSS UNIT-I

TKR COLLEGE OF ENGINEERING & TECHNOLOGY

Principal



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Lt.No.O/o SEC/TKRES/CIR/19/2017

Date: 19.06.2017.

CIRCULAR

All the Staff and Students of TKRES are requested to attend The "YOGA DAY CELEBRATIONS" on the occasion of 3rd International Yoga Day on 21.06.2017. being organized by NSS unit in collaboration with Walkers Association at 5:00 AM in the college Cricket Ground.

Copy to:

All the HODs & Deans

AO – for information

PRINCIPAL

Principal

TKR College of Engineering & Technology (AUTONOMOUS)



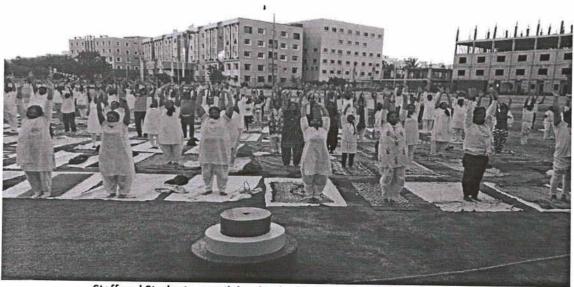
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Around three hundred NSS volunteers participated in International yoga day on 21/06/2017.



Shri Teegala Krishna Reddy Chairman TKRES and founder Walkers Association participating in Yoga Day in College Cricket Ground.



Staff and Students participating in Yoga Day in College Cricket Ground.

NSS PROGRAMME OFFICER
NSS UNIT-I

TKR COLLEGE OF ENGINEERING & TECHNOLOGY

TKR College of Engineering & Technology 3rd International Yoga Day 21.06.2017

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9	Akshatha	17	Shd		
10	Sargana	Mech	2nd		
11	Bhanu	Cst	310		
12	Mounika	FCF	2nd 2nd		
13	Rehustre	17	200		
14	Sanjana	mech	20d		
15	Shrisha	merk	219		
16	Pragathi	mech	219	•	
17	Alekya	Mech	200		
18	Tiekya	Mech	20		
19	Sanjema Neba	ECE	220		
20	PRIVA	FFF	270		
21	Prasanna	CIVIL	209		
22	Suprivo	EEE	20 0.		
23	Min	ECE	204		
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25	Tejswinia	ECE	and		
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33	Sanjay Luman		and		
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