



YOGA WELLNESS CAMP AND CELEBRATION OF INTERNATIONAL DAY OF YOGA

“Yoga is like music, rhythm of the body, melody of the mind and harmony of the soul creates the symphony of life”. Firmly believing in this statement a five day wellness camp (from 17-6-2018 to 21-6-2018) was organized to promote the essence of yoga in life as well as to emphasize that the students must realize the importance and impact of yoga on their soul and body and to utilize their energy in the right path. The camp was attended by 150 students. At the end, which is, on the last day (21st June 2018), our varsity set the grounds for celebrating international yoga day on a large scale.

SCHEDULE OF WELLNESS CAMP

DAY	DATE	PROGRAM
1	17/6/2018	Art of Yoga and Meditation
2	18/6/2018	The importance of Suryanamaskaras
3	19/6/2018	Introducing Pranayamas
4	20/6/2018	AASANAS- The way of doing and their significance
5	21/6/2018	Celebration of International Yoga Day
Trainer : Mr. M.Bhaskar		

DAY-1 - 17th June 2018: The Art Of Yoga And Meditation

The main agenda of this day is to increase the general awareness amongst the students regarding how Yoga and meditation can have many surprising benefits on both mental and physical health and how practicing yoga improves balance, endurance, flexibility, and strength, while meditation helps to keep the mind sharp, relieves stress and anxiety, and can strengthen your immune system. The participants were taught about Omkaras and importance of prayer in daily life by the University yoga trainer Mr.M.Bhaskar.

DAY 2 - 18th June 2018: The Importance Of Surya Namaskaras

On this day, the students were taught about the 12 Surya Namaskaras and how to do them, which helps them approach the yoga practice with the right outlook. The participants were also informed about how the 12 Surya namaskaras or sun salutes govern different parts of the body



and energy circulation through the system by stating an example of solar plexus which is located behind the navel is connected to the Sun and how regular practice of Surya Namaskara enhances the size of the solar plexus. Which, in turn, increases one's creativity, intuitive abilities, decision-making, confidence and leadership skills.

DAY 3 - 19th June 2018: Introducing Pranayamam

Through this program, the students were introduced to pranayamam which is the formal practice of controlling the breath, which is the source of our prana, or vital life force and how pranayamam is different from the normal breathing. The participants were informed about 7 different types of pranayama and their benefits. The session emphasized on Bhramari, a type of pranayamam which is apt for students as it provides a calming effect and helps to release stress when practiced.

DAY 4 - 20th June 2018: "AASANAS" – The way of doing and their significance

On this day the students were taught to practice several asanas which were explained in detail about how they activate different spiritual chakras present in the body. These asanas were to be performed again on the last day of the camp.

DAY 5 - 21st June 2018 :

CELEBRATION OF INTERNATIONAL DAY OF YOGA

As the sun goes away from the equator on 21st June, the atmosphere gets cool and climate will be pleasant. Hence on the advice of Hon'ble prime minister Sri. Narendra Modi June 21st we celebrate International Yoga day which has been accepted by UNO now being celebrated worldwide.

"International Day of Yoga" was celebrated in a grand manner at 10 AM in Vignans University - convocation hall by following the protocol published by the department of **Aayush**.



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Ms. A. Radhika, Asst. Professor in the department of yoga at Acharya Nagarjuna University who was invited as chief guest stated in her speech that yoga, is not just a practise to lead a healthy life, but it itself is the way of life.

All the internal dignitaries, faculty and around 1000 students participated and played their role in making the event successful. Dr.M.Y.S.Prasad, Vice Chancellor while speaking mentioned that if we want to have a healthy mind we should have a healthy body and the practice of yoga is one of the best method to maintain a clean body and mind as well. Dr. M.S.S Rukmini, Dean student affairs, said that one's health condition always remains in their own hands and it depends on the food we take and exercise we do. And yoga is the best way to maintain one's health conditions. After the speeches, the university yoga instructor Mr. Bhaskar performed and explained the importance of several more aasanas, which were impersonated by all the participants.

Mr. M. Anirudh, Assoc.. Dean student affairs delivered the welcome address while Mr. C. Raghavarao, Head, Training cell acted as presiding officer. Vice Chairman – Mr. Lavu Krishna Devarayalu, Chairman – Dr. Lavu Rathaiah have congratulated all the participants and conveyed the wishes of Internation Day of Yoga.



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Invitation...

solicit the pleasure of your esteemed
presence on the occasion of



Yoga for Harmony & Peace

International Day of YOGA

at 10.00 a.m. on Thursday, 21st June, 2018
Venue : Convocation Hall



Chief Guest

A. Radhika

Asst. Professor, Dept. of Yoga,
Acharya Nagarjuna University,
Guntur.



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INTERNATIONAL DAY OF YOGA CELEBRATIONS

Date: 21/6/2018

Time: 10:00AM-11:57AM

Venue: Convocation Hall

Program Schedule

- 10:00 AM – 10:05 AM : Welcome note and Inviting the guests on to the dias by **Mr. M.Anirudh**, Associate Dean SA
- 10:05 AM – 10:10 AM : Opening remarks by preciding officer **Mr. C. Raghavarao**, Head-Training cell
- 10:10 AM – 10:12 AM : Inviting the Yoga trainer **Mr.M.Bhaskar** for yoga session
- 10:10 AM – 10:15 AM : OMKARAM
- 10:15 AM – 10:20 AM : PRAYER
- 10:20 AM – 10:35 AM : PRADHAMIKA SADHANA
- 10:35 AM – 11:00 AM : ASANAS
- 11:00 AM – 11:15 AM : PRANAYAMAM
- 11:15 AM – 11:25 AM : DHYANAM
- 11:25 AM – 11:30 AM : OMKARAM
- 11:30 AM – 11:35 AM : PRAYER
- 11:35 AM – 11:42 AM : Address by **Dr.M.Y.S.Prasad**, Vice Chancellor
- 11:42 AM – 11:50 AM : Address By Chief Guest **Ms. A. Radhika**, Assistantt. Professor, Department. of Yoga, ANU
- 11:50 AM – 11:55 AM : Felicitation to Chief Guest
- 11:55 AM – 11:57 AM : Vote of Thanks by **Dr.M.S.S.Rukmini**, Dean Student Affairs



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YOGA WELLNESS CAMP

17th – 21st June, 2018

Schedule of Activities

- 17th June'18 : Art of Yoga and Meditation
- 18th June' 18 : The importance of SURYA NAMASKARAS
- 19th June'18 : Introducing PRAANAYAMAS
- 20th June'18 : AASANAS – The way of doing and their significance
- 21st June'18 : **International Yoga Day Celebrations**

Timings : 5:30 AM - 7:00 AM | Venue : Convocation Hall



Trainer : **Mr. M. Bhaskar**



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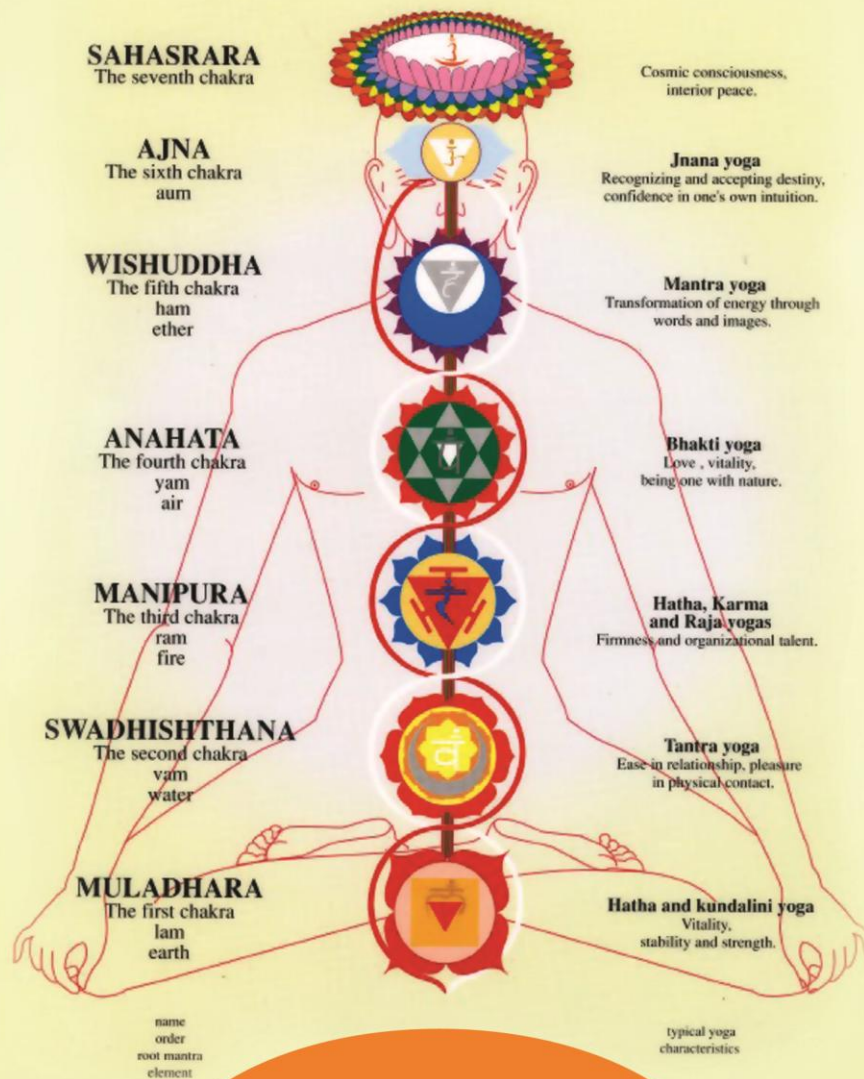
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International Day of Yoga

21st June, 2018

THE CHAKRAS



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Yoga Wellness Camp 17th - 21st June'18

21 images, June 2018



International Day of Yoga

14 images, June 2018

