

Action Plan of International Yoga Day 2023

National Service Scheme (NSS)

The International Yoga Day theme 2023 Yoga Day will be observed at all NSS units, Universities, Colleges & Schools on 21st June in a Befitting manner.

To disseminate information on International Yoga Day the following events are planned at NSS units level & university level.

- Yoga Day Mass Demonstration at Universities/Colleges/Schools.
- Yoga Awareness Rallies at Universities to generate public awareness on Yoga.
- Yoga Demonstration & Yoga Lectures at Institution.
- Yoga Poster Making competitions.
- Yoga Demonstration Competition among students.
- IDY Quiz Competition : <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
- **Y-Break at College/Schools and familiarize the concept of Y break** (Y-Break is a five-minutes Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, consists of Asanas, Pranayam and Dhyana).
- Yoga pledge <http://pledge.mygov.in/integrate-yoga-lifestyle/>
- Yoga with My Family & post a photo in social Media amplify the impact of yoga Day in social Media platforms.
- All Regional Directorate requested to ensure registration of all the Volunteers registered as Yuva on Yuva portal.

A L MM 1
20/6/2023



DHANEKULA INSTITUTE OF ENGINEERING & TECHNOLOGY

(Approved by AICTE, New Delhi and Affiliated to JNTU, Kakinada)

An ISO 9001-2015 Certified Institution, Accredited by NAAC

Ganguru, Vijayawada- 521139.

National Service Scheme (NSS)

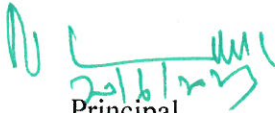
CIRCULAR

Date: 20-06-2023,
Ganguru.









All the staff and IInd Year Diploma students of DhaneKula Institute of Engineering & Technology are hereby informed that our National Service Scheme (NSS) is organizing a practice session on the eve of "INTERNATIONAL YOGA DAY" on 21.06.2023 at Auditorium from 11:00 AM onwards in association with Isha Foundation, Vijayawada branch.

G. Rait. 20/6/23
NSS PO




Principal
Ganguru, Vijayawada-521139
DHANEKULA INSTITUTE
OF ENGINEERING AND TECHNOLOGY
Ganguru, Vijayawada-521139

Copy to NSS file,
Copy to HOD's,
Circulate to all staff rooms,
Circulate to all Diploma IInd Year class rooms

Department	CE	ME	EEE	ECE	IT	CSE & CSM	BS&H	DIPLOMA
Signature								


20/6/23



DHANEKULA INSTITUTE OF ENGINEERING & TECHNOLOGY
NSS CELL



Name of The event: International Yoga Day
Branch: Diploma (All Branches)

Date: 21-6-23

List of Participants

S.No	Roll Number	Name of the Student	Year & Branch	Signature
1	22352-EC-006	A.Vaishnavi	II nd ECE	A.Vaishnavi
2	22352-EC-035	K.Meghana Sree	II nd ECE	K.Meghana Sree
3	22352-EC-028	K.B.Ghneswari	II nd ECE	K.B.Ghneswari
4	22352-EC-052	S.Gnana Deepika	II nd ECE	S.Gnana Deepika
5	22352-EC-024	G.Bhanu sree	II nd ECE	G.Bhanu sree
6	22352-EC-039	N.Pujitha	II nd ECE	N.Pujitha
7	22352-EC-026	J.Pravallika	II nd ECE	J.Pravallika
8	22352-EC-034	Kowsarunnisa	II nd ECE	Kowsarunnisa
9	22352-EC-015	ch.Naga Sri	II nd ECE	ch.Naga Sri
10	22352-EC-012	B.Renuka	II nd year ECE	B.Renuka
11	22352-EC-004	A.Devi Sri	II nd year ECE	A.Devi Sri
12	22352-EC-030	K.Ramya Sree	II nd year ECE	K.Ramya Sree
13	22352-EC-017	Ch.pavithra	II nd year ECE	Ch.pavithra
14	22352-EC-053	SHAIK.ASHNABAJI	II nd year ECE	SK.Ashna Baji
15	22352-EC-043	Pamarthi.Swetha.	II nd year ECE	P.Swetha.
16	22352-CM-038	P.taniya teresa	II nd year CME	P.taniya
17	22352-CM-007	B.Chandana.	II nd year CME	B.Chandana.
18	22352-CM-043	R.Nagalaxantha	II nd year CME	R.Nagalaxantha
19	22352-EE-032	P.vijaya jyothi	II nd year EEE	P.vijaya jyothi
20	22352-EE-001	B.Anyali	II nd year EEE	B.Anyali
21	22352-CM-058	T.Divya	II nd year CME	T.Divya
22	22352-CM-040	P.Sravani	II nd year CME	P.Sravani
23	22352-CM-063	V.Bhagyasri	II nd year CME	V.Bhagyasri
24	22352-CM-035	P.L.O.P.Niharika	II nd year CME	P.L.O.P.Niharika
25	22352-CM-006	B.Hemalatha	II nd year CME	B.Hemalatha

S.No	Roll Number	Name of the Student	Year & Branch	Signature
26	22352-CM-034	P. Kusumaxi	II nd year, DCME	P. Kusumaxi
27	22352-CM-009	Ch. Rashitha	II nd year, DCME	Ch. Rashitha
28	22352-CM-008	M. Prathyusha	II nd year DCME	M. Prathyusha
29	22352-CM-065	Y. Bhanu	II nd year DCME	Y. Bhanu
30	22352-CM-047	Sk. Afreen Sultana	II nd year DCME	Sk. Afreen
31	22352-CM-010	D. Jahnavi	II nd year DCME	D. Jahnavi
32	22352-EC-023	Gr. Praneeha	II nd year DECE	Gr. Praneeha
33	22352-CM-008	B. Murali	II nd year DCME	B. Murali
34	22352-CM-021	K. Naveen	II nd year DCME	K. Naveen
35	22352-CM-044	R.V. Likitha	II nd year DCME	R.V. Likitha
36	22352-CM-054	Sd. Abeerha	II nd year DCME	Abeerha
37	22352-CM-046	S. Rubmini	II nd year DCME	S. Rubmini
38	22352-CM-025	K. Sai Vidya Raghavi	II nd year DCME	K. Sai Vidya
39	22352-CM-029	M. Meenakshi	II nd year DCME	M. Meenakshi
40	22352-CM-033	O. Ksumitha	II nd year DCME	O. Ksumitha
41	22352-CM-050	Shaik. Reshma	II nd year DCME	Sk. Reshu.
42	22352-CM-017	K. Rajasri	II nd year DCME	K. Raji
43	22352-CM-049	Shaik. Pahila Sulthana	II nd year DCME	Shaik. Pahila
44	22352-CM-020	K. Charan	II nd year DCME	K. Charan
45	22352-EC-027	J. Nithin Sudya	II nd year DECE	J. Nithin Sudya
46	22352-CM-052	S. Tejo Sriharan	II nd year DCME	S. Tejo
47	22352-CM-032	M. Praveen	II nd year DCME	M. Praveen
48	22352-CM-058	T. Krishna Vamsi	II nd year DCME	T. Krishna Vamsi
49	22352-CM-023	K. Sai Durga	II nd year DCME	K. Sai Durga
50	22352-EC-05	T. Ravi Kumar	II nd year D.F.C.B	T. Ravi Kumar
51	22352-EE-028	T. Kotiah	II nd year DEEE	T. Kotiah
52	22352-EE-029	Y. Dileep	II nd year DEEE	Y. Dileep
53	22352-EE-034	T. Teja	II nd year	T. Teja
54	22352-EC-055	Subani Rehman Baig	II nd year	Subani
55	22352-EC-038	Md. Basheer Ahmed	II nd year	Md. Basheer
56	22352-EC-061	V. Gyandhar	II nd year	V. Gyandhar
57	22352-EC-038	Muzammil Al Khan	II nd year	Muzammil Al Khan



DHANEKULA INSTITUTE OF ENGINEERING & TECHNOLOGY
NSS CELL



Name of The event: International Yoga Day
Branch: All Branches (Diploma)

Date: 21-6-23

List of Participants

S.No	Roll Number	Name of the Student	Year & Branch	Signature
1	22352-EE-013	B. Rohit Sai	2 nd , ECE	
2	21352-M-006	Ch. Vival Manya	3 rd , MEC	
3	21352-M-004	Ch. Arun Kumar	3 rd , MEC	
4	21352-M-046	V. Chaitanya	3 rd , Mech	
5	21352-M-002	N. Siva Kumar	3 rd , MECH	
6	21352-M-019	K. Nitish Kumar	3 rd , Mech	
7	22352-EE-008	B. Mohan Prasanth	2 nd , ECE	
8	21352-M-020	K. Ashok	3 rd Mech	
9	21352-M-049	V. Nagababu.	3 rd Mech	
10	21352-M-009	G. Sathveeraprasad	3 rd Mech	
11	21352-M-003	B. Gowtham Raj	3 rd Mech	
12	21352-M-023	K. Keeshma Reddy	3 rd Mech	
13	22352-EE-001	V. Charanjeev	2 nd EEE	
14	22352-M-007	Fathar Muz Khan	2 nd Mech	
15	22352-EE-005	D. Avinash	2 nd EEE	
16	22352-EE-004	Ch. Sai Chaitanya	2 nd EEE	
17	22352-EE-018	S. Avinash	2 nd EEE	
18	22352-EE-009	G. Rajeev.	2 nd EEE	
19	22352-M-001	Abdul. Gaffar	2 nd Mech	
20	22352-M-010	S. Giridhar Lal	2 nd Mech	
21	22352-M-004	M. Deepada Anikudh	2 nd Mech	
22	22352-M-003	B. Sarath Kumar	2 nd Mech	
23	22352-M-005	Md. Rehan.	2 nd Mech.	
24	22352-EE-015	Md. Ameen Baig	2 nd EEE	
25	22352-EE-010	G. Moon Krishna	2 nd EEE	



DHANEKULA INSTITUTE OF ENGINEERING & TECHNOLOGY

NSS CELL



Name of The event: International Yoga Day
Branch: All Branches (Diploma).

Date: 21-6-23

List of Participants

S.No	Roll Number	Name of the Student	Year & Branch	Signature
1	22352-CM-011	D.Sri Ganesh	D.C.M.E 2 nd	D.Ganesh
2	22352-CM-019	K.Vivek Sai	DCME 2 nd	K.Vivek Sai
3	22352-CM-039	P.N.V. Saicharan	DCME 2 nd	P.Saicharan
4	22352-EC-020	Ch. Dhanesh Krishna	DECE 2 nd	Ch. Dhanesh
5	22352-EC-051	R. Santosh	DECE 2 nd	R. Santosh
6	22352-EC-033	K. Sarvenkat	DECE 2 nd	K. Sarvenkat
7	22352-EC-046	P. Anaga Mani Deep	DECE 2 nd	P. Ananddeep
8	22352-EC-045	P. Rohith	DECE 2 nd	P. Rohith
9	22352-EE-013	M. Mohan Teja	DEE 2 nd year	M. Mohan
10	22352-CM-003	A. Ganesh	DCME 2 nd	A. Ganesh
11	22352-M-010	A. Sriram	DMF 2 nd	A. Sriram
12	22352-EE-023	X. Ruthvik	DEEE 2 nd	X. Ruthvik
13	22352-EE-033	T. Anvash	DEEE 2 nd	T. Anvash
14	22352-M-011	Shahedulla Baig	D.M.F 2 nd	Shahed
15	22352-M-014	A.V. Narayana	D.M.F 2 nd	A. Narayana
16	22352-EE-012	K. Sateesh	D.EE 2 nd	K. Sateesh
17	22352-CM-048	Sh. Ashad Sai	DCME 2 nd	Sh. Ashad Sai
18	22352-EC-026	P. ANAND	DEEE 2 nd	P. Anand
19	22352-CM-001	A. Rohith	DCME 2 nd	A. Rohith
20	22352-CM-062	V.V. Thaneesh Reddy	DCME 2 nd	V.V. Thaneesh
21	22352-CM-002	A. Kiran Kumar Chowdary	DCME 2 nd	A. Kiran
22	22352-EE-034	N. Tyothindra Sai	D-EEE, 2 nd	N. Tyothindra
23	22352-EE-007	G. Rahul	D-EEE, 2 nd yr	G. Rahul
24	22352-EE-021	K. Manoj	D-EEE 2 nd	K. Manoj
25	22352-EE-003	B.V. Ravindra	D-EEE-2 nd	B.V. Ravi



DHANEKULA INSTITUTE OF ENGINEERING & TECHNOLOGY
GANGURU: VIJAYAWADA - 521 139
NSS CELL
EVENT REPORT

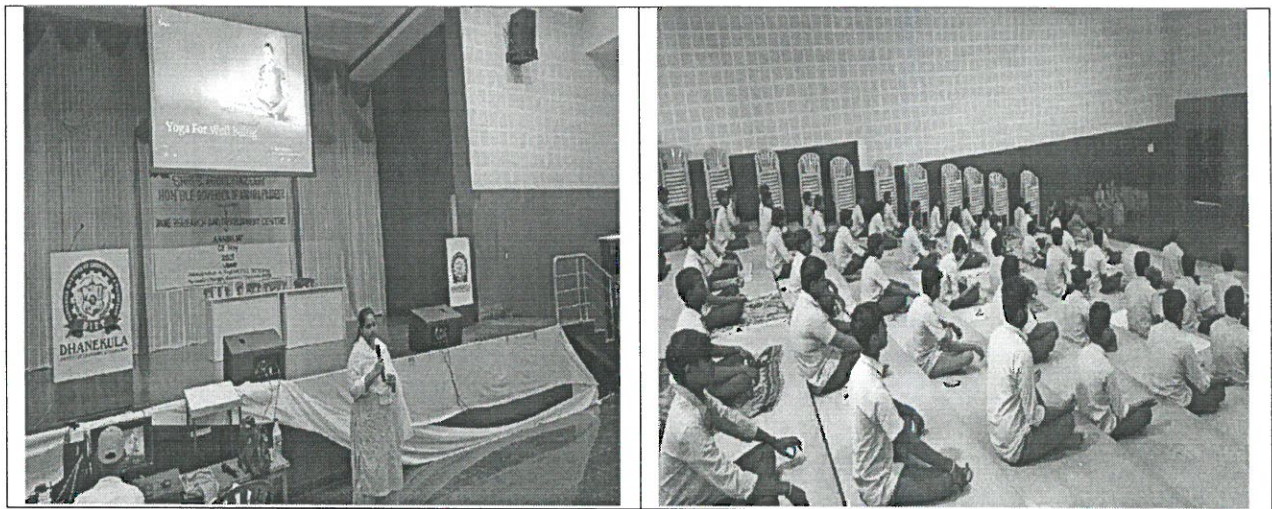
Event Name	INTERNATIONAL YOGA DAY
Venue	AUDITORIUM, DIET
Date	21.06.2023
Total Number of participants	155

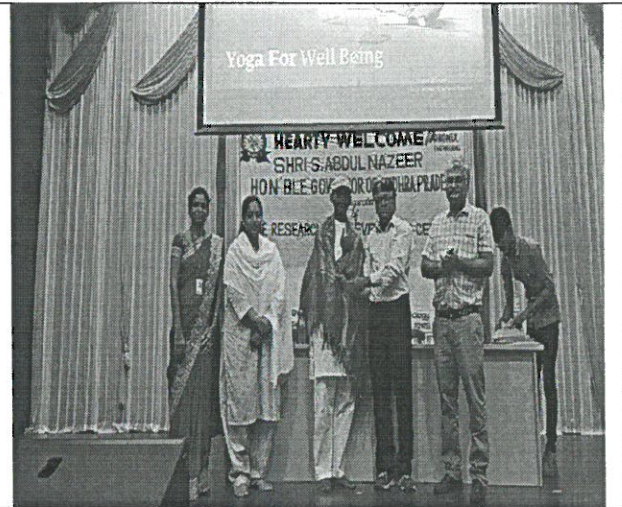
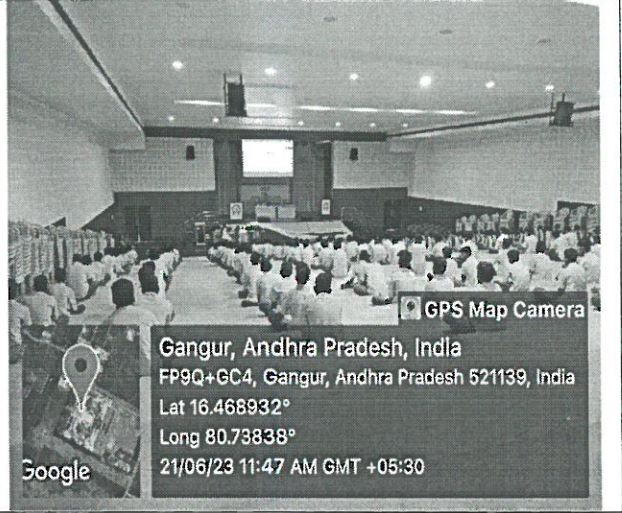
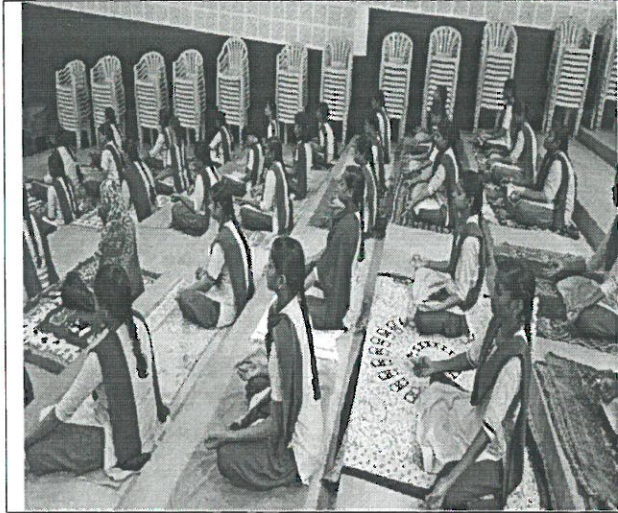
Event description:

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. National Service Scheme (NSS) of DhaneKula Institute of Engineering & Technology celebrated International Yoga Day in association with ISHA Foundation, Vijayawada branch at Auditorium. This program was headed by Ms. L. Lalitha Priyanka garu (Yoga Instructor) and Mr. K. Vamsimohan garu (Volunteer, Isha Foundation, Vijayawada Branch).

The event began with a brief introduction on Yoga Day by Mr. K. Vamsimohan garu and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously by Ms. L. Lalitha Priyanka garu. The celebration concluded with the speech of our Hon'ble Principle Dr. Ravi Kadiyala. He appreciated the students for their active participation and suggested them to continue yoga in their regular life to build physical and mental stability. In this practice session, a total of 144 students along with 11 faculty members have participated from Diploma. At the end of the program, resource persons were felicitated by our college management.

Event Photographs:





G. Raju
 NSS PO 24/6/23

Programme Officer
 National Service Scheme
DHANEKULA INSTITUTE
 OF ENGINEERING AND TECHNOLOGY
 Ganguru, VIJAYAWADA - 521 139



Dr. C. Srinivasulu Reddy
 PRINCIPAL

Principal
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 OF ENGINEERING AND TECHNOLOGY
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