

NO.SRU/NSS/Events/2025-26

Date: 11-11-2025

## CIRCULAR

**Sub:** Conduction of Yoga & Fitness Programme - Reg.

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This is to inform that, National Service Scheme (NSS) of SR University will be organizing the Yoga & Fitness Programme.

**Event** : Yoga & Fitness Programme  
**Place** : SR University Campus  
**Date** : 12-11-2025  
**Timings** : 03:00 pm – 05:00 pm

All the NSS unit volunteers are required to participate in the event. For further details, Dr. K. Ravindar, NSS Program Coordinator, may be contacted.



REGISTRAR

REGISTRAR  
SR UNIVERSITY  
(V) Ananthasagar, (M) Hasanparthy,  
Dt: Hanamkonda-506 371, T.G.

## Yoga & Fitness Programme

### Details of the Event:

|                            |                            |
|----------------------------|----------------------------|
| <b>Date of the Event</b>   | : 01-11-2025               |
| <b>Name of the Event</b>   | : Yoga & Fitness Programme |
| <b>Venue</b>               | : SR University Campus     |
| <b>Time</b>                | : 03:00 pm – 05:00 pm      |
| <b>No. of Participants</b> | : 50                       |

### **Objective:**

1. To create awareness among NSS volunteers and students about the physical, mental, and emotional benefits of 12 Surya Namaskar yoga asanas.
2. To encourage the practice of yoga as a daily routine for improved fitness, flexibility, and stress management.
3. To teach proper breathing techniques and posture alignment during Surya Namaskar.
4. To promote a healthy and disciplined lifestyle among youth.

### **Description:**

On 12-11-2025, the SRU NSS Unit organized a Surya Namaskar Yoga Session at SR University Campus. The session focused on practicing the complete 12 asanas of Surya Namaskar, guided by a trained yoga instructor. The trainer explained the significance of each step and demonstrated correct breathing patterns. NSS volunteers and university students actively participated and performed all 12 steps together:

1. Pranamasana (Prayer Pose)
2. Hasta Uttanasana (Raised Arms Pose)
3. Hasta Padasana (Standing Forward Bend)
4. Ashwa Sanchalanasana (Equestrian Pose)
5. Dandasana (Plank Pose)
6. Ashtanga Namaskara (Eight-Parts Salutation)
7. Bhujangasana (Cobra Pose)
8. Adho Mukha Svanasana (Downward-Facing Dog Pose)
9. Ashwa Sanchalanasana (Equestrian Pose – Opposite Leg)
10. Hasta Padasana (Standing Forward Bend)
11. Hasta Uttanasana (Raised Arms Pose)
12. Pranamasana (Prayer Pose)

The session highlighted how daily Surya Namaskar practice can enhance energy, strength, concentration, and overall well-being.

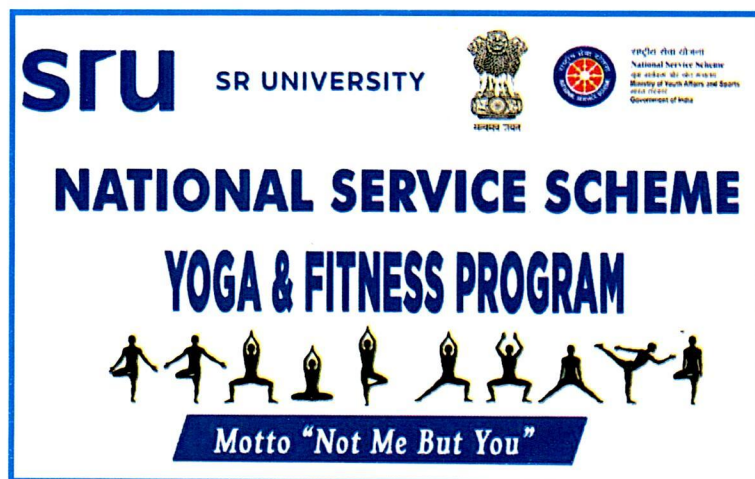
### **Outcome:**

1. Participants learned the correct method of performing all 12 Surya Namaskar asanas with proper breathing.
2. Improved awareness about the importance of yoga in maintaining physical fitness and mental peace.
3. Increased motivation to continue yoga practice regularly as part of a healthy lifestyle.
4. Enhanced posture, flexibility, balance, and self-discipline among participants.

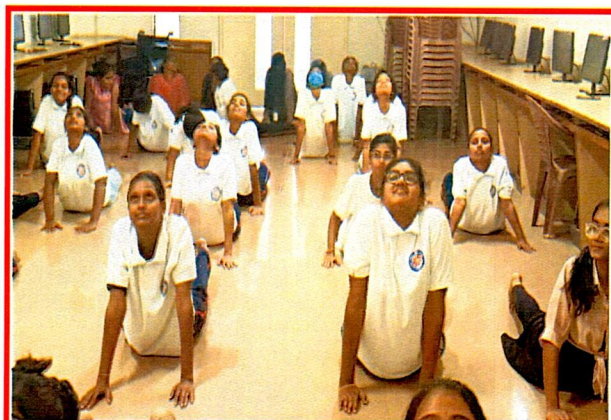
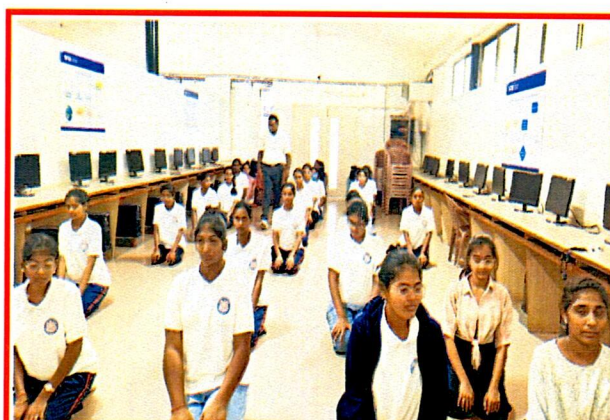
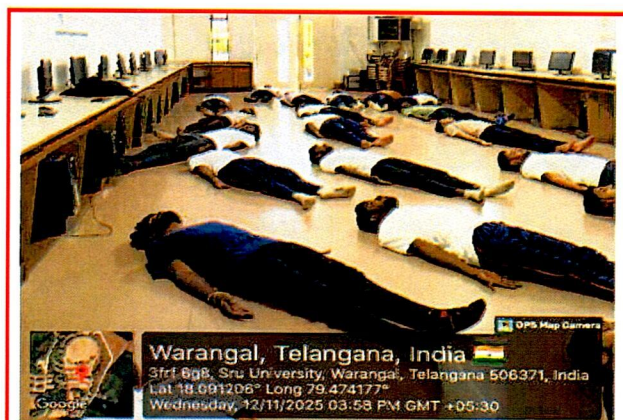
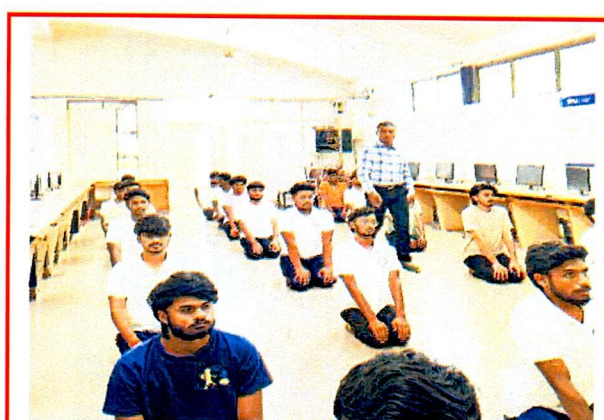
### **Impact on Society:**

1. Encourages the development of a healthy, active, and wellness-focused youth community.
2. Helps reduce lifestyle-related problems such as stress, anxiety, obesity, and low immunity.
3. Inspires participants to spread yoga awareness at home and in their neighborhoods.
4. Contributes to building a peaceful, energetic, and mentally balanced society with long-term health benefits.

## EVENT POSTER:



## EVENT PHOTOS:



Caption:- \* "Breathe. Stretch. Strengthen."/\* "Move with Purpose, Live with Power."

**VOLUNTEERS LIST:**

| S. No | Name of the Volunteer           | Programme Name | Signature  |
|-------|---------------------------------|----------------|------------|
| 1     | LANJAPALLY HEMALATHA            | BSC-HONS-AGRI  | Hemalatha  |
| 2     | BOMMAKANTI TEJASRI              | BSC-HONS-AGRI  | Tejasri    |
| 3     | THANGELLAPALLY RAJKUMAR         | BSC-HONS-AGRI  | Rajkumar   |
| 4     | POCHANA ABHILASH                | BSC-HONS-AGRI  | Abhilash   |
| 5     | NANGUNURI AKSHAYA               | BSC-HONS-AGRI  | Akshaya    |
| 6     | ERPA ROSY                       | BSC-HONS-AGRI  | Rosy       |
| 7     | PULIVENTLA HASINI               | BSC-HONS-AGRI  | Hasini     |
| 8     | RAMTENKI ABHISHEK               | BSC-HONS-AGRI  | Abhishek   |
| 9     | ROUTHU RASHMIKA                 | BSC-HONS-AGRI  | Rashmika   |
| 10    | KAVATI ADITHYA RAJ              | BSC-HONS-AGRI  | Adithya    |
| 11    | NAMBI ABHISHEK                  | BSC-HONS-AGRI  | Abhishek   |
| 12    | KANDIVANAM NIKITHA              | BSC-HONS-AGRI  | Nikitha    |
| 13    | KALVACHERLA RISHIKA             | BSC-HONS-AGRI  | Rishika    |
| 14    | BANDI DHARANI                   | BSC-HONS-AGRI  | Dharani    |
| 15    | CHELUKALA SPANDANA              | BSC-HONS-AGRI  | Spandana   |
| 16    | MYLARAM SAI VARUN               | BSC-HONS-AGRI  | Varun      |
| 17    | MATTEDA YOGITHA                 | BSC-HONS-AGRI  | Yogitha    |
| 18    | VANGA VINAY KUMAR               | BSC-HONS-AGRI  | Vinay      |
| 19    | APPULA AKHIL                    | BSC-HONS-AGRI  | Akhil      |
| 20    | PATLOLLA ROHITH REDDY           | BSC-HONS-AGRI  | Rohith     |
| 21    | NAKKARAMAYANA SOUDHANYA         | BSC-HONS-AGRI  | Soudhanya  |
| 22    | KOLA SAI NIKITHA                | BSC-HONS-AGRI  | Nikitha    |
| 23    | CHAMALA MAHENDER REDDY          | BSC-HONS-AGRI  | Mahender   |
| 24    | THATIPARTHI ASHWITHA            | BSC-HONS-AGRI  | Ashwitha   |
| 25    | DASARI TEJAVARDHAN REDDY        | BSC-HONS-AGRI  | Tejavar    |
| 26    | THIYARAPU SRIVALI               | BSC-HONS-AGRI  | Srivali    |
| 27    | YANMANGANDLA JEANANI            | BSC-HONS-AGRI  | Jeanani    |
| 28    | SURYAVANSHI DHRUV PATIL         | BSC-HONS-AGRI  | Dhruv      |
| 29    | NIRIGONDA KAVYA                 | BSC-HONS-AGRI  | Kavya      |
| 30    | POTHARABOINA BHAVANA            | BSC-HONS-AGRI  | Bhavana    |
| 31    | SANIA TABASSUM                  | BSC-HONS-AGRI  | Tabassum   |
| 32    | MONDITHOKA KEERTHI              | BSC-HONS-AGRI  | Keerti     |
| 33    | BOORUGU SHRAVANI                | BSC-HONS-AGRI  | Shravani   |
| 34    | LUNAVATH PRANATHI               | BSC-HONS-AGRI  | Pranathi   |
| 35    | BADAVATH SANDEEP                | BSC-HONS-AGRI  | Sandeep    |
| 36    | DONGRI VARSHITH                 | BSC-HONS-AGRI  | Varshith   |
| 37    | CHERIPELLI SAI CHARAN           | BSC-HONS-AGRI  | Sai Charan |
| 38    | CHILUVERU SWETHA                | BSC-HONS-AGRI  | Swetha     |
| 39    | KODEPAKA SAJINI                 | BSC-HONS-AGRI  | Sajini     |
| 40    | RAVULA GEETHA                   | BSC-HONS-AGRI  | Geetha     |
| 41    | DOODAPAKA Koushik               | BSC-HONS-AGRI  | Koushik    |
| 42    | CHILKAMARRI MANASWINI           | BSC-HONS-AGRI  | Manaswini  |
| 43    | DUBBASI SRIJA                   | BSC-HONS-AGRI  | Srija      |
| 44    | KATTAM GOWTHAMI                 | BSC-HONS-AGRI  | Gowthami   |
| 45    | AMMA SRIRAM                     | B. TECH        | Sriram     |
| 46    | RAJULAPATI GOVARDHAN SAI GANESH | B. TECH        | Ganesh     |
| 47    | BANDAPALLY SIDDU                | B. TECH        | Siddu      |
| 48    | KODELA AKSHAY                   | B. TECH        | Akshay     |
| 49    | DOKI SURESH CHANDRA             | B. TECH        | Suresh     |
| 50    | GOPU VARSHINI                   | B. TECH        | Varshini   |

  
NSS Program Coordinator

  
Dean, SW

  
Registrar

**NSS COORDINATOR**  
**SR UNIVERSITY**  
AY: 2025-  
(V) Ananthasagar, (M) Hasanparthy,  
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