



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

Workshop on

“PRANAYAMA & SURYANAMASKARAS”

Resource Persons

Sri Venu Gopal Lunani

&

Sri K.Adi Narayana Rao

Date : 08-11-2022

Time: 09:30am to 12:30pm & 1:30pm to 4:30pm

Venue: Seminar Hall

Organized by

DEPARTMENT OF MATHEMATICS

2022-2023

Permission Letter

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

Dt: 04-11-2022

To
The Principal
Sir C.R.Reddy College for women
Eluru

Subject: Request regarding permission to conduct a Work Shop on
Pranayamam & Suryanamaskaras.

Respected Madam,

The Department of Mathematics in association with IQAC
arranges a Work Shop on "Pranayama & Suryanamaskaras." On
08-11-2022 from 9:30am to 4:30pm for III B.Sc MECs & MCCs students.
In this context , we request you to grant permission to arrange the
programme for III B.Sc MECs & MCCs students in the seminar hall.

Thanking you madam,

Yours faithfully,

S. S. L. Sabarwal

Permitted
Principal
Sir C.R.R. College for Women
ELURU

NOTICE

SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)
Vatluru(post), Pedapadu mandal, Eluru Dist(AP)

Dt: 05-11-2022

NOTICE

All the students are hereby informed that the department of Mathematics is going to organize a Work Shop on "Pranayama & Suryanamaskaras" on 08th November 2022 from 9:30am to 4:30pm for III B.sc MECs & MCCs students in Seminar hall. In this context we request all the III B.sc MECs & MCCs students to attend the program without fail.


Principal
PRINCIPAL
Sir C.R.R. College for Women
ELURU

Objectives of the program

The main objectives of the program are as follows

- The basic concept of meditation is that it is a practice that connects the mind & the body.
- Its purpose is to help increase both Physical and Mental Peace and calm.
- Meditation is a process where we connect with our inner selves.

Outcomes of the program

- Building skills to manage our stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Gaining a new perspective on stressful situations.



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REPORT ON ONE DAY WORK SHOP ON PRANAYAMA & SURYA NAMASKARAS

Department of mathematics, Organized a workshop on “Pranayama & Surya namaskaras” on 8th November 2022 for 3rdB.Sc MECs & MCCs students.

Smt. S.S.L. Sabari Kumari , Head of the department of Mathematics invited the chief guest and guest of honour & the resource persons on to the dias.

Smt. S.Anuradha vice principal, Sir C R Reddy College for women motivated the students and conveyed the importance of doing Pranayama & Surya namaskaras and she advised the students to make Yoga as an integral part of their daily lives.

The workshop started with an introduction on “pranayama & suryanamaskaras” by Sri Venu gopal lunani garu M.B.A, B.L (co-ordinator of Datta kshetram srikakulam district, president of KPDT school & Jr college). He took the session with great dedication and he demonstrated Asana’s to the students. The students participated with full interest, enthusiasm & eagerness.

The Trainer Mr. K.AdiNarayana rao M.Sc. (Yoga) explained Suryanamaskaras and he told some yoga remedies for personal health problems to the students with lot of patience.

The aim of the workshop was to spread the importance of Pranayama &Suryanamaskaras to keep ourselves healthy & control stress in our daily act.

We Conducted review class on 26/11/2022. The Students were enthusiastic participated in the programme and they gained some knowledge regarding programme.€

At the end of the programme students received certificate of participation.



S.S.L. Sabari kumari, Head of the department of Mathematics invited the chief guest & Guest of honors & resource persons.



Sri Venu Gopal Lunani Garu explained Pranayama for the students



Sri K.Adi NarayanaRao Garu explained surya namaskaras for the students



III B.Sc MECs & MCCs students Practicing Suryanamaskaras



III B.Sc MECs &MCCs students doing Pranayama



Inauguration of Guest of Honors by the Department of Mathematics in Sir C R R college for Women.



K. Adi Narayana Rao Sir Explain about Asanas



Students Practicing Asanas on review class



Sri Venu gopal lunani garu and K. Adi Narayana Rao garu issue certificates to the students

**One day workshop on
"Pranayama & Suryanamaskaras"
Attendance Register**

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

ATTENDANCE SHEET

Topic: One day Workshop on "Pranayama & Suryanamaskaras"

Date: 08-11-2022

S.No	Roll No	Name of the Student	Signature
1.	203701	Ch. Jaya Sri	Ch. Jaya Sri
2.	203702	K. Hemalatha	K. Hemalatha
3.	203703	K. Durga mahalakshmi	K. Durgamahalakshmi
4.	203704	M. Sandhya rani	M. Sandhya rani
5.	203705	M. Geethika	M. Geethika
6.	203708	A. Vimala	A. Vimala
7.	203709	A. usha praneetha	A. Usha Praneetha
8.	203711	A. vasantha	A. Vasantha
9.	203712	A. Mallika	A. mallika
10.	203713	B. Asha latha	B. Ashalatha
11.	203714	B. B. V. Swargiya lakshmi	B. B. V. S. lakshmi
12.	203715	Ch. Jaya madhuri	Ch. Jaya madhuri
13.	203716	D. Prema kumari	D. Prema kumari
14.	203717	G. Gejari	G. Tejari
15.	203719	G. Sujatha	G. Sujatha
16.	203720	G. Teevana Sandhya	G. Teevana Sandhya
17.	203721	G. Divya	G. Divya
18.	203723	K. Iswarya	K. iswarya
19.	203724	K. Sruthi	K. Sruthi
20.	203725	K. Anitha	K. Anitha
21.	203726	R. lakitha	R. Lakitha
22.	203728	M. Sai Prasanna	M. Sai Prasanna
23.	203729	M. Sai jyothi	M. Sai Jyothi
24.	203730	N. Thanusha rani	Thanusha Rani. N
25.	203731	P. Nagadurga mounika	P. N. D. Mounika
26.	203732	P. kanaka sri	P. kanaka sri
27.	203734	P. Hima bindu	P. Hima bindu
28.	203735	R. Monalisa	R. Monalisa
29.	203737	S. Latha sree	S. lathasree
30.	203738	S. Mounika	S. Mounika
31.	203739	S. Jaya lakshmi	S. Jayalakshmi
32.	203740	Sk. chandini	Sk. chandini
33.	203741	Sk. Mustafunni	Sk. Mustafunni

[illegible]

SIR C R REDDY COLLEGE FOR WOMEN, ELURU.

ATTENDANCE SHEET

Topic: One day workshop on "Pranayama & Suryanamaskaras"

Date: 08-11-2022

S.No	Roll No	Name of the Student	Signature
1	204601	B. Jahnvi	B. Jahnvi
2	204603	B. Krishna Hani Chandana	B. K. H. Chandana
3	204604	G. Uma durga	G. Uma durga
4	204605	K. Poojitha ratnam	K. Poojitha
5	204606	K. Sai Sri lekha	K. Sai sailekha
6	204607	K. Navya Sri	K. Navya Sri
7	204609	A. Jyothsna	A. Jyothsna
8	204610	A. Devi Sri durga	A. Devi Sri durga
9	204611	A. Swapna	A. Swapna
10	204612	A. Rajya lakshmi	A. Rajya lakshmi
11	204614	B. Reshma	B. Reshma
12	204615	B. Bhargavi	B. Bhargavi
13	204616	B. Divya	B. Divya
14	204617	B. Mounika	B. Mounika
15	204618	Ch. Savani	Ch. Savani
16	204619	Ch. Sandhya rani	Ch. Sandhya Rani
17	204620	Ch. Nandini	Ch. Nandini
18	204622	Ch. chandralekhanjali	Ch. Chandralekhanjali
19	204623	D. Sri kari	D. Sri kari
20	204624	D. H. S. S. Gayathri devi	D. H. S. S. Gayathri devi
21	204625	D. S. P. Teja	D. S. P. Teja
22	204626	D. Gayathri	D. Gayathri
23	204627	D. Naga divya	D. Naga divya
24	204628	G. Sri bharathi	G. Sri bharathi
25	204629	G. Leela	G. Leela
26	204630	P. Lavanya	P. Lavanya
27	204631	J. Revathi	J. Revathi
28	204632	K. Madhuri	K. Madhuri
29	204633	K. Bhanu Sanjana	K. Bhanu Sanjana
30	204634	K. Vani	K. Vani
31	204635	K. Naga madhavi	K. Naga madhavi
32	204636	K. Yamini	K. Yamini
33	204637	K. P. Meghana	K. Phanendra Meghana

S.No	Roll No	Name of the Student	Signature
34	204639	K. Venkata Sai	K. Sai
35	204640	M. Sravani	M. Sravani
36	204641	M. D. Prasanna	M. Durga prasanna
37	204643	M. p. Subbana rani	N. Pujitha subbhanarani
38	204644	P. Sirisha	P. Sirisha
39	204645	R. N. D. Sai Harini	R. N. D. S. Harini
40	204646	R. Yamini	R. Yamini
41	204647	T. Bhargavi Sai	T. Bhargavi Sai
42	204648	M. Gowthami priya	M. Gowthami Priya
43	204650	M. Sowjanya	M. Sowjanya
44	204651	M. N. V. Sathwika	M. N. V. Sathwika
45	204652	M. Seetha	M. Seetha
46	204653	P. Meghana	P. Meghana
47	204655	P. Pujasi	P. Pujasi
48	204657	P. Sumiyabhi	P. Sumiyabhi
49	204658	P. Poojitha	P. Poojitha
50	204659	P. Pujia	P. Pujia
51	204660	P. Sumanjali	P. Sumanjali
52	204661	R. Likhitha Sri sanghavi	R. Likhitha Sri sanghavi
53	204662	R. Gangothri	R. Gangothri
54	204663	S. Manika	S. Manika
55	204664	S. S. Jahnvi	S. Jahnvi
56	204666	S. Tulsi Teja	S. Tulsi Teja
57	204667	T. Durga veeraveni	T. Durgaveeraveni
58	204668	T. Yamuna	T. Yamuna
59	204669	V. Tulasi	V. Tulasi
60	204670	V. Harika	V. Harika
61	204671	Y. Monisha	Y. Monisha



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Invitation

You are cordially invited to inaugurate

Workshop on

“Pranayama and Suryanamaskaras”

Chief Guest:

Sri Chalasani Viswanadha Rao

Correspondent, Sir C R Reddy College for Women, Eluru

Guest of honor:

Smt P.Sailaja

Principal, Sir C R Reddy College for Women, Eluru

Resource Persons: Sri Venu Gopal Lunani M.B.A, B.L

Sri Adi Narayana Rao M.Sc(yoga)

Date: 08-11-2022

Venue: Seminar Hall

Time: 9:30 am to 12:30 pm & 1:30 pm to 4:30pm

Organized by

Department of Mathematics

SIR C.R. REDDY COLLEGE FOR WOMEN, ELURU

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FEEDBACK

Sri Venu gopal lunani garu explained about the asanas and how they help the students in their daily life in detailed.

Pranayama and suryanamaskaras are helpful to physical and mental fitness. Students felt that these asanas are easy to do and thought that they can improve. Their physical strength, flexibility relieve their stress on the whole. It has been an excellent program.

Adi Narayana rao Sir is a very patient and good instructor. He had good knowledge of asanas and which asanas help the students to develop their concentration. It is a very good experiences them.

The program is conducted in planned and organized way students are benefited.

News paper report

యోగాతో ఒత్తిడి దూరం.. పలూరు విద్యా విభాగం, న్యూస్ టుడే: యోగా సాధనతో ఆరోగ్యంగా ఉండవచ్చని దత్త క్షేత్రం సమన్వయకర్త వేణుగోపాల్ లునాని అన్నారు. సీఆర్ఆర్ మహిళా కళాశాలలో మంగళవారం యోగాపై కార్యశాల నిర్వహించారు. ముఖ్య అతిథిగా హాజరైన లునాని మాట్లాడుతూ యోగా, ధ్యానంతో ఒత్తిడిని అధిగమించవచ్చని అన్నారు. శిక్షకుడు కె.ఆదినారాయణరావు సహజ ప్రాణాయామం ఉపయోగాలను వివరించారు. కళాశాల ప్రధానాచార్యురాలు శైలజ, ఉప ప్రధానాచార్యురాలు అనురాధ పాల్గొన్నారు.

CERTIFICATES



SIR C. R. REDDY COLLEGE FOR WOMEN

Vatluru(Post), Pedapadu Mandal, Eluru, Eluru Dist., A.P, India 534007

(Affiliated to Adikavi Nannaya University, Rajamahendravaram)

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

DEPARTMENT OF MATHEMATICS

CERTIFICATE OF PARTICIPATION

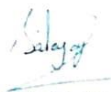
This is to certify that Miss/Mrs S. Jayalakshmi
class III B.Sc M.E comp Roll No 203739 has participated in a
One day workshop on "Pranayama and Suryanamaskaras" on 08-11-2022 during
the academic year 2022-2023.


Sri VENU GOPAL LUNANI

Resource Person


Sri K. ADINARAYANARAO

Resource Person


Smt P. SAILAJA

Principal



SIR C. R. REDDY COLLEGE FOR WOMEN

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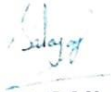
This is to certify that Miss/Mrs P. Meghana
class III B.Sc M.C.Comp Roll No 204653 has participated in a
One day workshop on "Pranayama and Suryanamaskaras" on 08-11-2022 during
the academic year 2022-2023.


Sri VENU GOPAL LUNANI

Resource Person


Sri K. ADINARAYANARAO

Resource Person


Smt P. SAILAJA

Principal