



CHAITANYA ENGINEERING COLLEGE
Approved by AICTE, New Delhi, Affiliated to JNTU, Kakinada
Chaitanya Valley, Kommadi, Madhurawada, Visakhapatnam-48

CIRCULAR

REF: CEC/PRI/22-23/18

DATE:16.06.2022

Attn: All Students and Faculty

This is to inform you that we are conducting The International Yoga Day Celebrations at our college on 21.06.2022 in Abdul Kalam Block 'Seminar Hall' at 10.00 clock. In this connection all staff and students are hereby informed to participate in the Yoga practical sessions and Surya Namaskarams Programme without fail.

Copy to:
All HODs /Principal (CEC)/ Notice Boards

V. K. S. (HOD)

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ACTIVITY REPORT

Name of the Activity: The International Yoga Day Celebrations

Date: 21-06-2022

Coordinator Name: Mr. P. Venugopala Rao

Time: 10AM

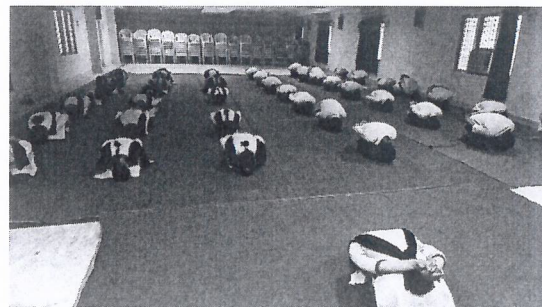
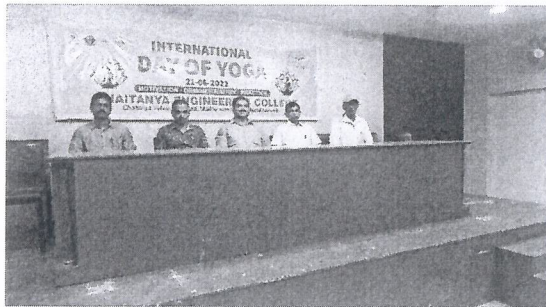
Venue: Seminar Hall, Abdul Kalam Block

No. Of Participants: 105

THE INTERNATIONAL YOGA DAY CELEBRATIONS

This is to inform you that Mr. P. Venugopala Rao has conducted a training session on “The International Yoga Day Celebrations” in Chaitanya Engineering College on 21-06-2022 for the students and the faculty. After two years of Conducting yoga day celebrations in a virtual mode, the participants have enthusiastically approached participants in yoga training session on the yoga day celebrations physically by which they can take the full advantage.

The participants have performed various asanas like Tadasana (mountain Pose), savasana (Corpse Pose), Balasana (Child Pose), Adho Mukha svanasana (Downward-facing dog pose) etc. Taking the instructions from the tutor, the participants performed all these asanas. The physical director has made immense effort to make this program achieve its goal. He urged all the participants to give utmost importance to their health and for that he emphasized that yoga is the best practice.



P. Venugopala Rao

COORDINATOR

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CIRCULAR

REF: CEC/PRI/21-22/30

DATE:16.06.2021

Attn: All Students and Faculty

This is to inform you that we are conducting The International Yoga Day Celebrations Virtually at our college on 21.06.2021 in Abdul Kalam Block 'Seminar Hall' at 10.00 clock. In this connection all staff and students are hereby informed to participate in the Yoga practical sessions Virtually in the comfort of your home.

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All HODs /Principal (CEC)/ Notice Boards

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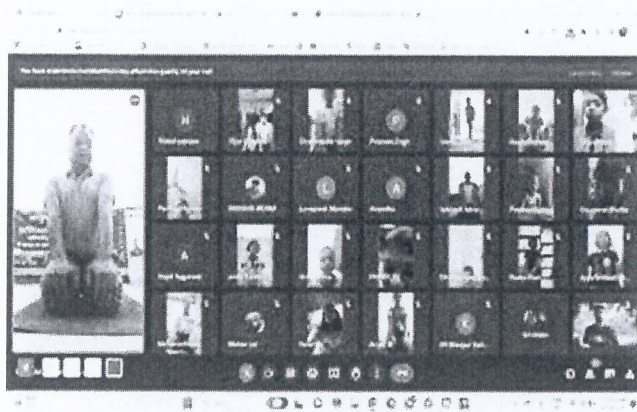
ACTIVITY REPORT

Name of the Activity: The International Yoga Day Celebrations
Date: 21-06-2021
Coordinator Name: Mr. P. Venugopala Rao
Time: 10AM
No. Of Participants: 60

THE INTERNATIONAL YOGA DAY CELEBRATIONS

This is to inform you that Mr. P. Venugopala Rao has conducted a training session on “The International Yoga Day Celebrations” in Chaitanya Engineering College on 21-06-2021 for the students and the faculty. The program has been conducted in a virtual way (due to lockdown) to make it beneficial to the participants and they also can take the advantage of attending from their homes in comfort and so they need not be exposed to the surroundings.

The participants have performed various asanas like Tadasana (mountain Pose), savasana (Corpse Pose), Balasana (Child Pose), Adho mukha svanasana (Downward-facing dog pose) etc. from their homes by taking the instructions from the tutor i.e our physical director Mr. P. Venugopala Rao. The physical director has made immense effort to make this program achieve its goal. He urged all the participants to give utmost importance to their health and for that he emphasized that yoga is the best practice.



P. Venugopala Rao
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CIRCULAR

REF: CEC/PRI/20-21/11

DATE:17.06.2020

Attn: All Students and Faculty

This is to inform you that we are conducting the International Yoga Day Celebrations at our college on 21.06.2020 in Abdul Kalam Block 'Seminar Hall' at 10.00 clock. Hence, we request all the faculty and students to participate in the Yoga practice sessions Virtually.

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ACTIVITY REPORT

Name of the Activity: The International Yoga Day Celebrations

Date: 21-06-2020

Coordinator Name: Mr. P. Venugopala Rao

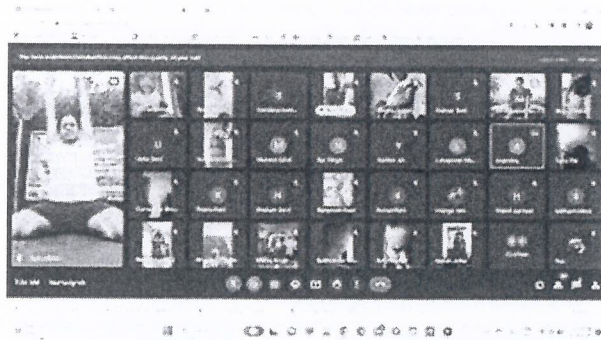
Time: 10AM

No. Of Participants: 65

THE INTERNATIONAL YOGA DAY CELEBRATIONS

This is to inform you that Mr. P. Venugopala Rao has conducted a training session on “The International Yoga Day Celebrations” in Chaitanya Engineering College on 21-06-2020 for the students and the faculty. Due to the Pandemic, this year yoga day celebrations have been conducted virtually (due to lockdown) so that students and faculty can take the benefit from their homes.

Even though the audience may not attend physically people have taken utmost interest in attending the yoga training session which is conducted on yoga day. The audience have taken their home advantage and performed various asanas like Tadasana (mountain Pose), savasana (Corpse Pose), Balasana (Child Pose), Adho mukha svanasana (Downward-facing dog pose) etc. The Physical director in his opening remarks mentioned the need for yoga in this unprecedented period of history. Students and faculty learned how they can go about different asanas. The physical director has made immense effort to make this program achieve its goal. He urged all the participants to give utmost importance to their health and for that he emphasized that yoga is the best practice.



P. Venugopala Rao

COORDINATOR

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CIRCULAR

REF: CEC/PRI/19-20/43

DATE: 15.06.2019

Attn: All Students and Faculty

This is to inform you that we are conducting the International Yoga Day Celebrations at our college on 21.06.2019 in Abdul Kalam Block 'Seminar Hall' at 10.00 clock. In this regard, we request all the faculty and students to participate in the Yoga practice sessions and Suryanamaskarams.

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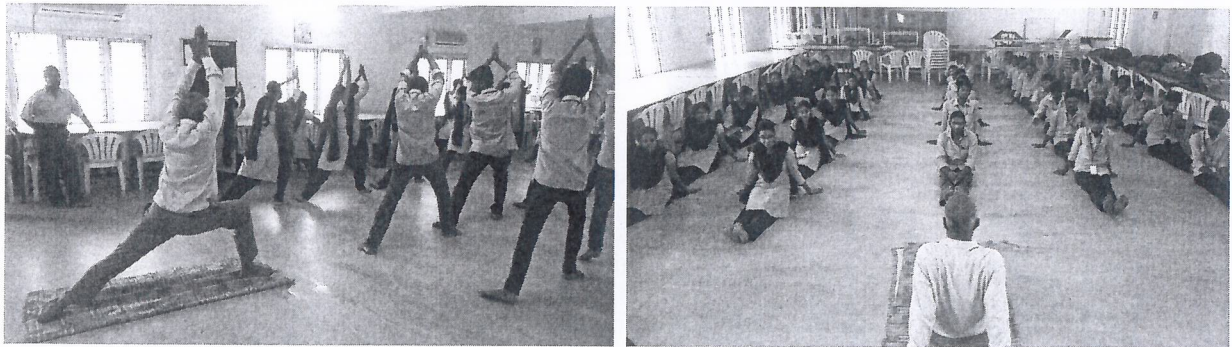
ACTIVITY REPORT

Name of the Activity: The International Yoga Day Celebrations
Date: 21-06-2019
Coordinator Name: Mr. P. Venugopala Rao
Time: 10AM
Venue: Seminar Hall, Abdul Kalam Block
No. Of Participants: 112

THE INTERNATIONAL YOGA DAY CELEBRATIONS

This is to inform you that Mr. P. Venugopala Rao conducted a yoga training session on “International Yoga Day Celebrations” in Chaitanya Engineering College on 21-06-2019 for the students and faculty. Keeping in mind of last year’s yoga day celebrations, many students and faculty have actively participated in the yoga day celebrations which has witnessed a hike in the number of participants.

Some asanas like Tadasana (mountain Pose), savasana (Corpse Pose), Balasana (Child Pose), Adho mukha svanasana (Downward-facing dog pose) etc. have been tutored to the audience by the tutor. All the students and faculty have actively participated in the Yoga Day celebrations and learned some basic asanas which they practice on their own. Students and faculty learned how they can go about different asanas. The physical director has taken immense effort to make this program achieve its goal.



P. Venugopala Rao

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CIRCULAR

REF: CEC/PRI/18-19/62

DATE: 15.06.2018

Attn: All Students and faculty

This is to inform you that we are conducting the International Yoga Day Celebrations at our college on 21.06.2018 in Abdul Kalam Block 'Seminar Hall' at 10.00 clock. Hence, we request all the faculty and students to participate in the Yoga practice sessions and Suryanamaskarams.

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ACTIVITY REPORT

Name of the Activity: The International Yoga Day Celebrations

Date: 21-06-2018

Coordinator Name: Mr. P. Venugopala Rao

Time: 10AM

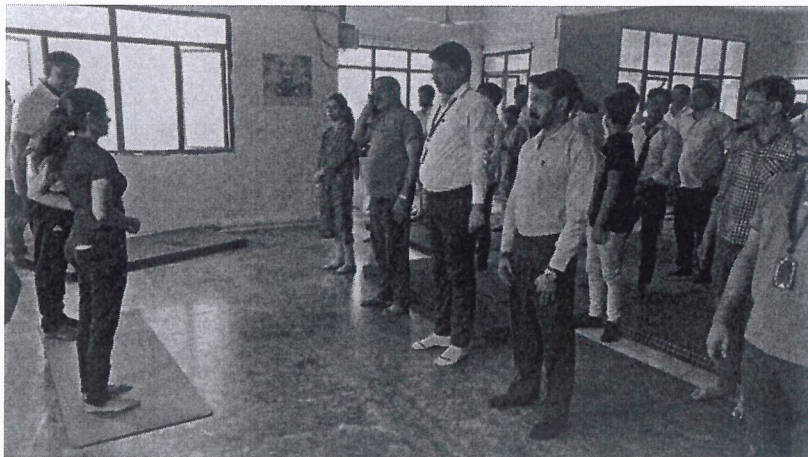
Venue: Seminar Hall, Abdul Kalam Block

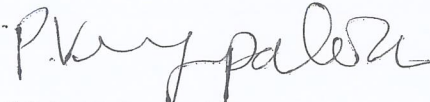
No. Of Participants: 98

THE INTERNATIONAL YOGA DAY CELEBRATIONS


This is to inform you that Mr. P. Venugopala Rao conducted a yoga training session on "International Yoga Day Celebrations" in Chaitanya Engineering College on 21-06-2018 for the students and faculty. At first, he talked about why yoga is needed and how it can be made a part of our life. He strongly advocated that yoga is a holistic practice that offers a wide range of physical, mental, and emotional benefits. It has been practiced for thousands of years and is renowned for its positive impact on overall well-being.

He made the audience feel the yoga by tutoring some asanas like Tadasana (mountain Pose), savasana (Corpse Pose), Balasana (Child Pose), Adho mukha svanasana (Downward-facing dog pose) etc. All the students and faculty have actively participated in the Yoga Day celebrations and learned some basic asanas which they practice on their own. The audience have come to know the essence of celebrating yoga day and every participant has thanked the physical director, who happens to be the tutor of asanas. Some participants have given the word that they will become the tutors of yoga and teach others.




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