



**KASIREDDY NARAYANREDDY COLLEGE OF ENGINEERING & RESEARCH.**

(Approved by AICTE & Affiliated to JNTUH)

Abdullapur (V), Abdullapurmet (M), R.R Dist, 501505, Telangana, INDIA.

Email : [principal@knrcer.ac.in](mailto:principal@knrcer.ac.in) ; website: [www.knrcer.ac.in](http://www.knrcer.ac.in)

Date: 30-08-2020

**CIRCULAR**

Subject: Life skills-Program-Reg

It is hereby informed to all the students off KNRR that our institute is organizing yoga and Meditation camp by the guru yoga and meditation at our campus on 01-09-2020 through WEBEX Virtual mode from 10 AM to 1:00 PM which is very useful for our health and hygiene, physical, mental and spiritual. So all the students of KNRR are informed to avail the greater opportunity for your health development.

Copy to

1. Vice Principal
2. All HOD'S
3. O.S (Copy a file in secretary file).

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OF ENGINEERING AND RESEARCH  
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R.R. District-501 505.**

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Date: 02-09-2020

### PROGRAM REPORT

Name of the Program: YOGA AND MEDITATION, HEALTH AND HYGIENE

Date: 01-09-2020

Timings: 10am To 1pm

Resource Person: Dr.Komati Sathish

Contact Details: 9440088480

Number of Participants:1310

KNRR provide yoga and meditation program for the students to become a professional student


#### Topics Covered

- Yoga and meditation
- Health tips awareness on nutrition food
- Physical fitness
- Hygiene

Yoga brings together physical and mental disciplines to achieve a peaceful body and mind it improves respiration, energy and vitality.

The true essence of yoga revolves around elevating the life force or kundalini at the base of the spine. It aims to achieve this three series of physical and mental exercises are the physical level. The methods can comprise various yoga postures are asanas that aim to keep the body healthy. The trainer explored the mental techniques like breathing exercise, Pranayama and meditation to discipline the mind

Students and faculty how demonstrated the asanas. The program was a motivation to make yoga as part of daily timetable for fitness sports hours, health and hygiene program by every year checkup for girls.

  
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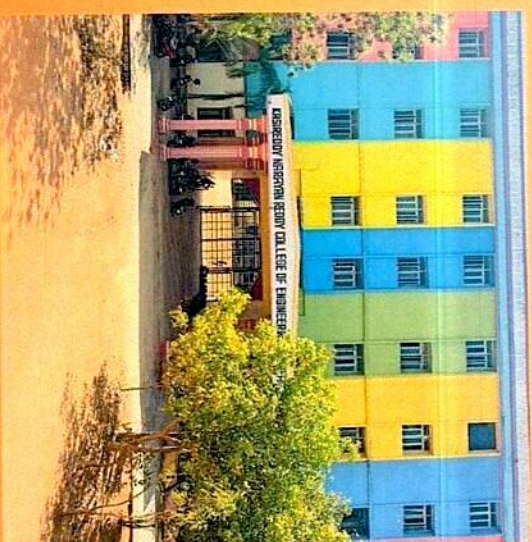
## About the Institution

Founded in 2008, Kasireddy Narayanreddy College of Engineering & Research is one of states most distinguished colleges. It has a student strength of more then 3,000 and a large and vibrant team of faculty. Hope you will find your career preferences to twinset your academic interests, and social and leisure activities that will subsidize to your overall welfare, gratification and individual development. Our campus is a 70 acre stretch of land with hillocks on one side and plain area on the other three sides. The students are provided with plenty of opportunities to develop their individual talents and abilities and to aspire for excellence in academic and personality development. We believe in engender and promulgate knowledge and talent in core and frontier disciplines through innovative education programs, research, industrial training and consultancy and developing a new cadre of proficient citizens with a high level of competence, profound sense of social commitment and moral ethics.

### Topics Covered :

- Yoga and meditation
- Health tips awareness on nutrition food
- Physical fitness
- Hygiene

RESOURCE PERSON: Dr.K.Satish  
CONTACT DETAILS: 9440088480



**ONLINE LIFE SKILLS  
PROGRAM ON**

**YOGA AND MEDITATION,  
HEALTH AND HYGIENE  
ON**

**01-09-2020  
COUNDATED**

**BY**  
**PRINCIPAL**  
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