

G. Narayanamma Institute of Technology and science (for women), Hyderabad Organised three programmes as a part of 8th International day of Yoga and Azadi Ka Amruth Mahotsav at GNITS.

1. National Webinar on yoga

National webinar on yoga for wellness on 12 th june22, from 10 am to 1pm. The Resource persons for the webinar were

- Dr.D.Jyothi, Associate professor &dept incharge,national Sanskrit university,Tirupati.
- Yogacharya Brij bhushan purohit,president IYF/Director Namaste Yoga. The total no.of participants were around 150.through the webinar participants have gained the knowledge of different types of breathing techniques, yogacharya guruji have given insights on balance of health and happiness in an individual's life .Also, explained about respiratory process.Dr. D.Jyothi briefed about the importance and benefits of the yoga in women's life. Also, she explained about how yoga asana's can cure or improve health conditions in Women such as PCOD, thyroid etc.



The poster is for a national webinar on yoga for wellness. It features logos for G. Narayanamma Institute of Technology and Science (Autonomous, Accredited by NBA & NAAC, Approved by AICTE, Affiliated to JNTUH, Shaikpet, Hyderabad - 500 104), FIT INDIA, and the EBSB Club of GNITS. The event is presented by Fit India & EBSB Club of GNITS. The webinar is titled 'A National Webinar on Yoga for Wellness' and is scheduled for 12th JUNE 2022 from 10:00 AM to 1:00 PM. Resource persons include Dr. D. Jyothi (Associate Professor & Department In-Charge, National Sanskrit University, Tirupati) and Yogacharya Brij Bhushan Purohit (President IYF & NIF / Director Namaste Yoga). The convener is Dr. M V L Surya Kumari, Physical Directress. Coordinators are Ms. P. Mamta (Asst. Prof., EEE Dept.), Mr. B. Sreekanth Reddy (Asst. Prof., ECE Dept.), and Mr. Rakesh Goud (Asst. Prof., BS Dept.). Patrons include Chairman Shri. P Subba Reddy, Secretary Smt. G. Srividya Reddy, and Principal Dr. K. Ramesh Reddy. An e-certificate will be provided. For queries, contact Mr. B. Sreekanth Reddy at 9492036284. The registration link is https://bit.ly/3xkeINk. The poster concludes with the slogan 'Enhance the Beauty of Body and Mind with YOGA'.

G. Narayanamma Institute of Technology and Science
(AUTONOMOUS)
Accredited by NBA & NAAC
(Approved by AICTE, Affiliated to JNTUH)
Shaikpet, Hyderabad- 500 104

FIT INDIA **Fit India & EBSB Club of GNITS** Present

A National Webinar on
Yoga for Wellness
12th JUNE 2022 Time: 10:00AM to 1:00PM

Resource Persons:

Dr. D Jyothi
Associate Professor & Department In-Charge, National Sanskrit University, Tirupati

JOIN US

Yogacharya Brij Bhushan Purohit
President IYF & NIF / Director Namaste Yoga.

Convener: Dr. M V L Surya Kumari, Physical Directress.

Coordinators:
Ms. P. Mamta, Asst.Prof., EEE Dept.
Mr. B. Sreekanth Reddy, Asst.Prof., ECE Dept.
Mr. Rakesh Goud, Asst.Prof., BS Dept.

Patrons:
Chairman: Shri. P Subba Reddy
Secretary: Smt. G. Srividya Reddy
Principal: Dr. K. Ramesh Reddy

E-Certificate will be provided

For Queries Contact:
Mr. B. Sreekanth Reddy
9492036284

Registration Link:
<https://bit.ly/3xkeINk>

Enhance the Beauty of Body and Mind with YOGA

Ayurveda Definition of Health

• "Sama Dasha Sama Agnis Cha Sama
Dhatu Mala Kriyasha |
Prasanna Atma Indriya Manaha Swastha
|| Abhidheeyate" – Sushruta Samhita

• One is in perfect health when the Three
doshas (vata, pitta and Kapha), Digestive
fire (digestion, assimilation and
metabolism), all the body tissues &
components (Dhatu) (the entire physical
body), all the excretory functions (the
physiological functions of urination and
defecation) are in perfect order with a
pleasantly disposed and contented mind,
senses and spirit.



© Express-photos.com - sharing your world. [Brij Bhushan Purohit](#) [View](#)

Brij Bhushan Purohit (Guest) ...



Brij Bhushan Purohit (Guest) 

2. 4 - day workshop on women's health

G. Narayanamma Institute of Technology and Science (For Women), Shaikpet, Hyderabad Conducted a four day workshop on "Yoga For Women's Health" from 14 -17 th June 2022, 3pm to 4:30 pm at GNITS Hostel premises as the part of 8th International day of Yoga and Azadi Ka Amruth Mahotsav .

The resource person for the workshop was Yogacharya Brij Bhushan Purohit, President, National Yoga Federation and Namaste Yoga Foundation.

82 students attended this 4-day workshop. The main focus of the workshop was health issues related to women's health like PCOD, Menstrual disorders. It was well appreciated and benefited by the students. The event was coordinated by fit India committee members.

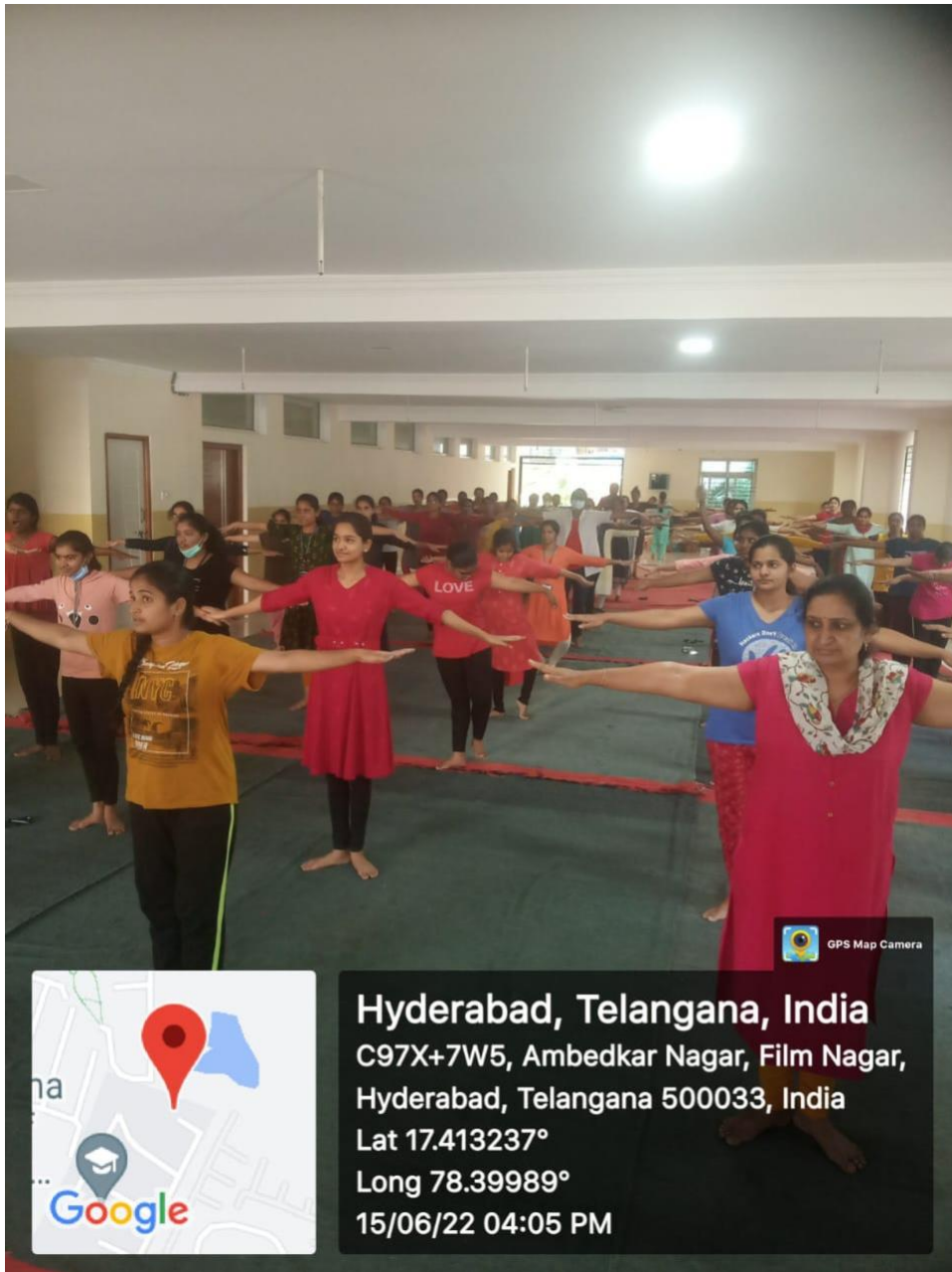
Dr.M.V.L.SuryaKumari

Dr.S.Vasundhara

Dr.K.Bharathalakshmi

Ch.Sravanthi.





3. 8th International Yoga day celebrations at GNITS

G. Narayanamma Institute of Technology and science (for women), Hyderabad Organised 8th International day of Yoga on 21st june 2022 at 9:30 am in the campus in association with Indian women network and sharmila's yoga zone .

The session was organised by eminent yoga trainers Ms.Sharmila and miss Achalakumar .Incharge Principal DR.K.RamaLingareddy welcomed the gathering and addressed the participants. Ms.Sharmila addressed the students and made them to realise the importance of yoga especially for teenage girls .she emphasised the need for balanced lifestyle for a stress free,healthy living. The students and staff of gnits performed Yoga under the Guidance of Ms.Sharmila and her team. Mrs. G.Srividya Reddy Secretary Gnits thanked and felicitated Ms.Sharmila&Ms.Achala kumar and their team members for accepting our invitation and for organising the event at gnits.

The event was jointly organised by FitIndia &EBSB Clubs of Gnits as Dr.M.V.L.SuryaKumari as a convenor.





G.Narayanamma Engineering Coll
International YOGADay
21.06.2022 09:36
17.41201, 78.39847
Altitude: 482m
DEGREE BLOCK, G NARAYANAMMA INSTITUTE OF
TECHNOLOGY AND SCIENCE, Ambedkar Nagar, Film Nagar,
Hyderabad, Telangana 500033



G.Narayanamma Engineering Coll
International YOGADay
21.06.2022 09:46
17.41192, 78.39849
Altitude: 482m
DEGREE BLOCK, G NARAYANAMMA INSTITUTE OF
TECHNOLOGY AND SCIENCE, Ambedkar Nagar, Film Nagar,
Hyderabad, Telangana 500033





Participation of GNITS in the 8th International day of yoga.

Celebrations at parade grounds, Secunderabad on 21st June 2022 at 6 am organized by Government of India.

About 90 students along with Dr.M.V.L.Suryakumari , Mrs.BhageswariRatkal&Mrs.Tulasi.

