


5.1.3 Life Skills (2023-2024)

S.NO	Name of the Capability enhancement programs	No of the students attended
1	International Yoga Day	92
2	Program On "Cardiovascular endurance"	41
3	"National level yoga championship organized by Indian Yoga School"	1




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CIRCULAR

Date: 19.06.2024.

On the occasion of “**International Yoga day**”, the NSS committee of SCIENT INSTITUTE OF TECHNOLOGY is organizing one day Yoga Training camp on **21/06/2024** from 10.0AM to 11.00AM, in college premises Hence, all the Teaching, Non teaching staff and students are requested to participate for your health benefit. Kindly enroll your names with the coordinator

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Report on the International Day of Yoga

Date: 22.06.2024.

On the eve of International Day of Yoga, NSS committee has organized a yoga session in college campus where students and staff have taken active participation in promoting the benefits of practicing yoga

➤ Activities organized during the yoga session:

- Introduction to yoga
- Basic yogaasana


➤ **Number of students Participated: 92**

➤ Gallery of the list of activities organized on the occasion of International Day of Yoga in college campus on 21.06.2024 from 10.00AM to 11.00AM.



Participants practicing the yoga postures




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Program Coordinator (G
Gopal)



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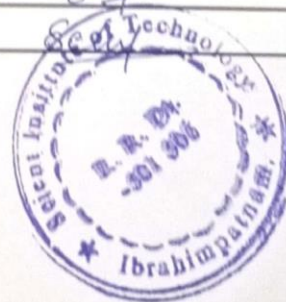


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List of Students Participated in "International Yoga Day " on 21/06/2024

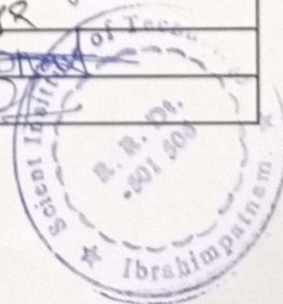
S.NO	Roll Number	Name of the Student	signature
1	21C01A0401	B ANIL KUMAR	Anil
2	21C01A0402	B NIKITHA	Nikitha
3	21C01A0406	B PRANEETHA	Praneetha
4	21C01A0407	B MANASA	Manasa
5	21C01A0413	G PALLAVI	Pallavi
6	21C01A0415	J PADMAVATHI	Padma
7	21C01A0423	M NANDINI	Nandini
8	21C01A0430	MELLA PRIYANKA	Priyanka
9	21C01A0434	N SHIVAKUMAR	Shiva
10	21C01A0437	P AKHILA	Akhila
11	21C01A0443	R INDHU	Indhu
12	21C01A0444	S SRILEKHA	Srilekha
13	21C01A0449	S AJAYKUMAR	Ajay
14	21C01A0450	SINGAM ANUSHA	Anusha
15	21C01A0454	V GANESH	Ganesh
16	21C01A0458	Y SRAVANI	Sravani
17	22C05A0405	K SIREESHA	Sireesha
18	21C01A0205	BORRA KALPANA	Kalpana
19	21C01A0206	CHATLA ANUSHA	Anusha
20	21C01A0213	G ABHISHEK GOUD	Abhishek
21	21C01A0214	J SRINIVAS	Srinivas
22	21C01A0218	KALAL SWATHI	Swathi
23	21C01A0223	K ASHWINI	Ashwini
24	21C01A0224	K SRIKANTH	Srikanth
25	21C01A0226	M UDAY KUMAR	Uday
26	22C05A0202	M JYOTHI	Jyothi
27	22C05A0203	N NAVEEN	Naveen
28	22C05A0204	THOKALA SANDEEP	Sandeep
29	21C01A0503	A SHIVA	Shiva
30	21C01A0504	A SAI CHANDU	Sai Chandu


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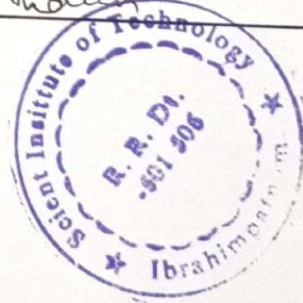
31	21C01A0510	BEJU KAUSHIK	
32	21C01A0514	C SANJAY	
33	21C01A0519	CH MOUNIKA	Mounika
34	21C01A0520	CHILUKURI ANKITHA	Ankitha
35	21C01A0530	DESHETTY SRAVYA	Sravya
36	21C01A0531	D PARAMESH	Paramesh
37	21C01A0536	E GANESH	Ganesh
38	21C01A0537	GORATI ANJALI	Anjali
39	21C01A0543	G NITHIN	Nithin
40	21C01A0546	JOEL P SHYAM	Shyam
41	21C01A0547	K THIRUMALESH	Thirumalesh
42	21C01A0556	K YAMINI	
43	21C01A0565	KURAPATI UDAY	Uday
44	21C01A0566	KURELLA JAHNAVI	Jahnavi
45	21C01A0573	M DHANUSH	Dhanush
46	21C01A0574	M BHAVITHA	Bhavitha
47	21C01A0580	M CHARANYA	Charanya
48	21C01A0582	MIRIYALA NEHAN	Nehan
49	21C01A0594	NAUMIT AGARWAL	Naumit
50	21C01A0595	NOEL THOMAS	Thomas
51	21C01A0596	ORSU MANIKANTA	Manikanta
52	21C01A05A5	R POOLSINGH	Pool Singh
53	21C01A05B1	S RAJESH	Rajesh
54	21C01A05B4	S SAI KUMAR	Sai
55	21C01A05C2	U SIDDHARTHA	Siddhartha
56	21C01A05C3	VANGA DEVANATH	Devanath
57	22C01A0201	ADI RAMTEJA	Ramteja
58	22C01A0202	BATA NAVEENA	Naveena
59	22C01A0209	KONDA KALYANI	Kalyani
60	22C01A0210	KOTRA LOKESH	Lokesh
61	22C01A0211	K VEERASWAMY	Veeraswamy
62	22C01A0217	N GAYATHRI	Gayatri
63	22C01A0220	P CHANDU	Chandu
64	22C01A0221	P ISWARYA	Iswarya
65	22C01A0231	SHEVVA DIVYA	Divya
66	23C05A0201	A SIDDARTHA	Siddhartha
67	23C05A0202	B SHEKHAR	Shekhar


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68	23C05A0204	D KIRAN	Kiran
69	22C01A0406	BANDI KEERTHANA	Keerthana
70	22C01A0407	C NANDINI	Nandini
71	22C01A0413	E ANITHA	Anitha
72	22C01A0414	E SHIVAKUMAR	Shiva
73	22C01A0421	JELLA KOMALA	Komala
74	22C01A0423	K SHIVANI	Shivani
75	22C01A0428	KOMMIDI MAHESH	Mahesh
76	22C01A0429	K KAVYA KUSUMA	Kavya Kusuma
77	22C01A0444	PANDI DEEPIKA	Deepika
78	22C01A0450	PUNNA KALYANI	Kalyani
79	22C01A0451	RAGULA LAVANYA	Lavanya
80	22C01A0460	V TRIVENI	Triveni
81	22C01A0516	BOLLAM SANJANA	Sanjana
82	22C01A0517	BOMMU SRI ROOPA	Sri Roopa
83	22C01A0526	DONTHULA SAI KIRAN	Sai Kiran
84	22C01A0527	DUBBA DIVYA	Divya
85	22C01A0534	HEMANTH KUMAR D	Hemant Kumar D
86	22C01A0535	JETTI SHARATH	Setti
87	22C01A0549	MUVVA THANUJA	Thanuja
88	22C01A0550	N ANIL KUMAR REDDY	Kumar
89	22C01A0574	EMULA VARSHA	Varsha
90	22C01A0575	GADICHERLA PRANAY	Pranay
91	22C01A0599	PARWATHI VAMSHI	Vamshi
92	22C01A05A0	PASUNURI THARUN	Tharun


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Date: 16.04.2024.

CIRCULAR

All the B.Tech students are hereby informed that a free fitness program is going to be organized in the college gymnasium on the topic “**Cardiovascular Endurance**” on 20-04-2024. The program is organized under the “**Fitness for All**” initiative in order to bring awareness about the importance of healthy lifestyle among the students. Interested students can join the session after their class work i.e. 03.30pm.

For further details, students can contact Mr. G. Gopal, Physical Director.


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CC to all HOD's, ECE/CSE/EEE.



Report on the“Cardiovascular Endurance”

Date: 22.04.2024.

A free program was organized in the college gymnasium on the topic “Cardiovascular Endurance” on 20.04.2024. The program was organized under the motto “Fitness for All” initiative in order to bring awareness about the importance of a healthy lifestyle among the students.

Cardiovascular Endurance is a measure of how well you can do exercises that involve your whole body at moderate-to-high intensity, for an extended time. Improving your cardiovascular endurance can make it easier for you to carryout your daily tasks.

Following were some of the activities related to cardiovascular endurance improvement conducted in the program:

- Fitness activities
- Aerobics

The program was conducted successfully and around 41students actively participated in this program enthusiastically.




Students while performing aerobics activity



Students participated Fitness activities

Program Coordinator




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List of Students Participated in "Cardiovascular Endurance" on 20-04-2024

S.NO	Roll Number	Name of the Student	signature
1	21C01A0434	N SHIVAKUMAR	Shiva
2	21C01A0449	S AJAYKUMAR	Ajay
3	21C01A0454	V GANESH	ganesh
4	21C01A0213	G ABHISHEK GOUD	ABHISHEK GOUD
5	21C01A0214	J SRINIVAS	srinivas
6	21C01A0224	K SRIKANTH	srikanth
7	21C01A0226	M UDAY KUMAR	Uday
8	22C05A0203	N NAVEEN	Navin
9	22C05A0204	THOKALA SANDEEP	sandeep
10	21C01A0503	A SHIVA	shiva
11	21C01A0504	A SAI CHANDU	chis
12	21C01A0510	BEJU KAUSHIK	Kaushik
13	21C01A0514	C SANJAY	Sanjay
14	21C01A0531	D PARAMESH	Paramesh
15	21C01A0536	E GANESH	Ganesh
16	21C01A0547	K THIRUMALESH	Thiru.
17	21C01A0556	K YAMINI	yamini
18	21C01A0565	KURAPATI UDAY	Uday
19	21C01A0582	MIRIYALA NEHAN	Neelan
20	21C01A0594	NAUMIT AGARWAL	Naumit
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22	21C01A0596	ORSU MANIKANTA	manikanta
23	21C01A05A5	R POOLSINGH	poolsingh
24	21C01A05B1	S RAJESH	Rajesh
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26	21C01A05C2	U SIDDHARTHA	Siddhartha
27	21C01A05C3	VANGA DEVANATH	Devanath
28	22C01A0201	ADI RAMTEJA	RamTeja
29	22C01A0220	P CHANDU	chandu
30	23C05A0201	A SIDDARTHA	Siddhartha

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32	23C05A0204	D KIRAN	<i>D Kiran</i>
33	22C01A0414	E SHIVAKUMAR	<i>Shivakumar</i>
34	22C01A0428	KOMMIDI MAHESH	<i>Mahesh</i>
35	22C01A0429	K KAVYA KUSUMA	<i>Kavya Kusuma</i>
36	22C01A0526	DONTHULA SAI KIRAN	<i>Saikumar</i>
37	22C01A0534	HEMANTH KUMAR D	<i>Hemant</i>
38	22C01A0550	N ANIL KUMAR REDDY	<i>Anil</i>
39	22C01A0575	GADICHERLA PRANAY	<i>Pranay</i>
40	22C01A0599	PARWATHI VAMSHI	<i>Vamshi</i>
41	22C01A05A0	PASUNURI THARUN	<i>Tharun</i>

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Report on the "National level yoga championship"

Our Student G.Abhishek, III B. Tech II Sem bearing Roll Number 21C01A0213 from EEE department stood in first place in "National level yoga championship" held by Aryavaishya Bhavan, Bellampalli, Manchiryal Telangana on 04/02/2024.




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NATIONAL LEVEL YOGA CHAMPIONSHIP - 2024

Organised By

INDIAN YOGA SCHOOL
BRING YOUR BODY & MIND INTO MUTUAL STATE



CERTIFICATE

*This is to certify that Mr/Ms. Gurram Abhishek Goud.....
has Participated and secured first second third place in Yoga
in the true Spirit of Yoga Championship 2024, held at Aryavaishya Bhavan ,
Bellampalli Dist: Mancherial, Telangana State, on 04th Feb 2024.*



M. Shankar
Yoga Guru & Chief Judge



Dr. Revelli Rajalingu
Yoga National Judge



E. Venkatesh
Tournament Chief Organizer