

LIFE SKILLS  
2019-2020



**JBR**  
**ARCHITECTURE COLLEGE**  
HYDERABAD

26-07-2019

To,  
The Principal  
JBR Architecture college  
Moinabad

Subject: Permission Request for Yoga Day Event

Sir/mam,

I am writing to seek permission to conduct a Yoga Day event on July 29th, 2019.

The purpose of this event is to promote physical and mental well-being among our students, faculty, and staff through the practice of yoga. We believe that yoga is an excellent way to reduce stress, improve flexibility, and enhance overall health and wellness.

The event will include yoga sessions led by certified instructors, relaxation techniques, and mindfulness exercises. It will be open to all students, faculty, and staff members who wish to participate.

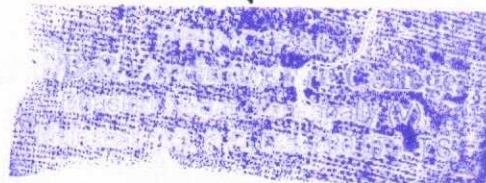
Thank you for considering our request. We believe that this Yoga Day event will have a positive impact on the well-being of our college community, and we are grateful for your support in making it possible.

Looking forward to your favorable response.

Sincerely,

Er. Venkatesh

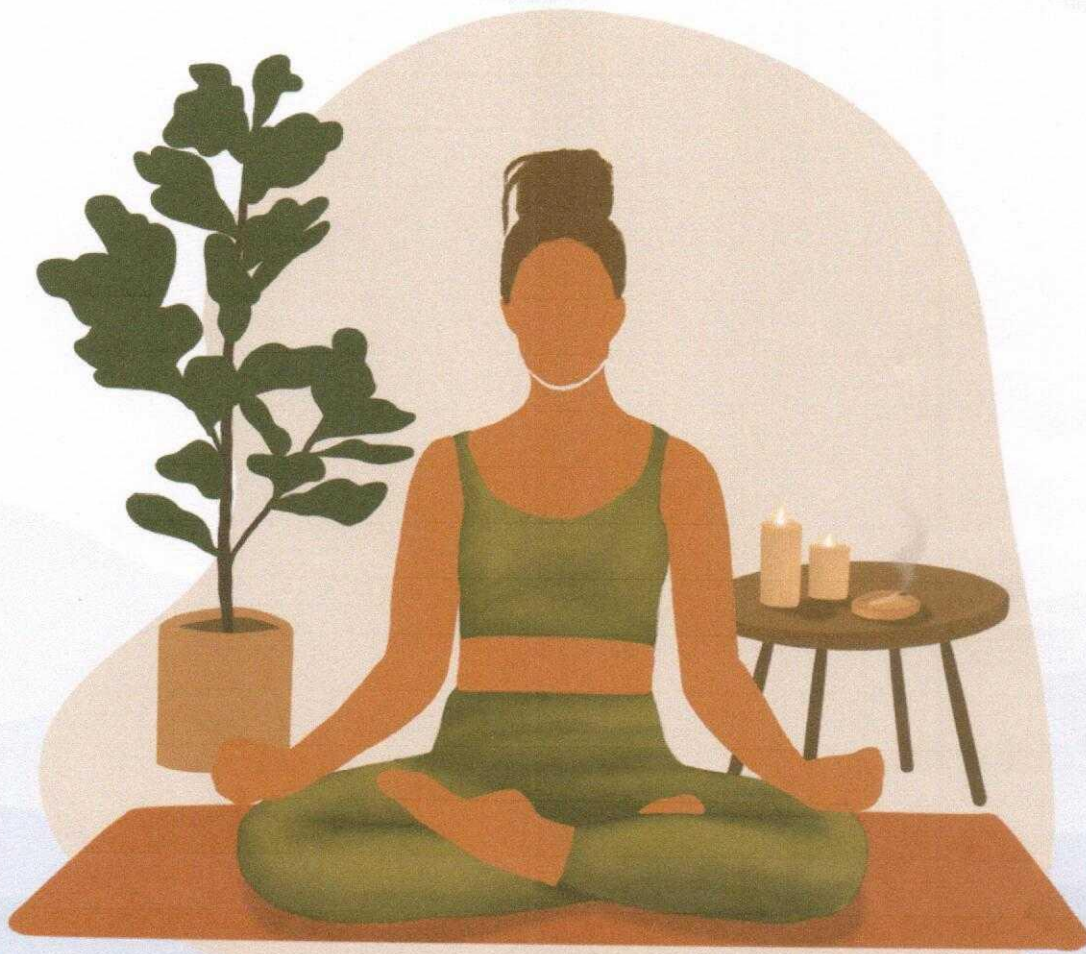
Assistant professor



**PRINCIPAL**  
**J.B.R. Architecture College**  
Bhaskar Nagar, Yenkapally (V),  
Moinabad (M), R.R. Dist-500 075. T.S.

# YOGA DAY

On this Yoga Day, let's find inner peace and rejuvenation through the practice of yoga.



## 29 JULY 2019

CORDINATOR : VENKATESH



**JBR**  
ARCHITECTURE COLLEGE  
HYDERABAD



*Ar. Mohammad Munavar Pasha*

**Ar. Mohammad Munavar Pasha**

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Munabad (M), R.R. Dist-500 075, T.S.

Principal

JBR Architecture College



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**ARCHITECTURE COLLEGE**  
HYDERABAD

**Circular**

26-07-2019

Dear Students and Faculty,

We are excited to announce that JBR Architecture College will be organizing a rejuvenating Yoga Day event on July 29th, 2019. This event aims to promote holistic well-being and mindfulness within our college community.

**Workshop Details:**

Title: Yoga day

Dates: July 29th, 2019

Venue: Auditorium.

  
Event coordinator

  
Principal

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Moinabad (M), R.R. Dist-500 075. T.S.

**Copy to**

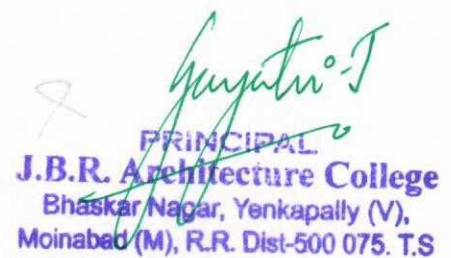
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**Report on Yoga day event for students and Faculty**

**Date:**29-07-2019

**Coordinator** –Er.Venkatesh

**Introduction:** On July 29th, 2019, JBR Architecture College organized a vibrant Yoga Day event aimed at promoting holistic well-being among students and faculty. This report provides an overview of the event and its impact on participants' physical and mental health.

**Event Overview:** The Yoga Day event commenced at 8:00 AM in the serene courtyard of the college, where participants gathered with enthusiasm to partake in a day dedicated to wellness. The atmosphere was charged with positive energy and anticipation as the event unfolded.

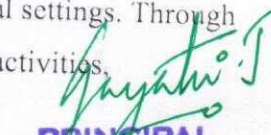
**Guided Yoga Sessions:** Experienced yoga instructors led participants through a series of invigorating yoga asanas designed to enhance flexibility, strength, and relaxation. From gentle stretches to challenging poses, each session catered to the diverse needs and abilities of the participants. The soothing rhythm of deep breathing and mindful movements enveloped the participants in a sense of tranquility and inner peace.

**Mindfulness Workshops:** In addition to yoga sessions, the event featured workshops focused on mindfulness and stress management techniques. Participants engaged in guided meditation, deep breathing exercises, and reflective practices aimed at cultivating present-moment awareness and resilience. The workshops provided valuable insights into the power of mindfulness in promoting mental clarity and emotional well-being.

**Community Building:** The Yoga Day event served as a platform for fostering connections and camaraderie among students and faculty members. Participants shared laughter, encouragement, and support as they embarked on their wellness journey together. The sense of community and belonging that permeated the event underscored the college's commitment to nurturing a supportive and inclusive environment for all.

**Conclusion:** The Yoga Day event at JBR Architecture College on July 29th, 2019, was a testament to the importance of prioritizing holistic wellness in educational settings. Through guided yoga sessions, mindfulness workshops, and community building activities,



  
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JBR ARCHITECTURE COLLEGE HYDERABAD		
LIST OF PARTICIPANTS PRESENT		
YOGA DAY		
DATE : 29-07-2019		
S.No	Roll No	Name
1	18171AA001	ABDULLAH
2	18171AA002	ACHO BHARGAVI
3	18171AA003	ADEPU SAICHANDRIKA
4	18171AA004	AKHSA NAZ
5	18171AA006	ALAVALA SAI NADH REDDY
6	18171AA007	B VAMSHI
7	18171AA008	BAKI PREETHISH
8	18171AA009	BIJJARAM TANMAYEE
9	18171AA012	CHITYALA RAJITHA
10	18171AA013	DEVASANI SAI ESHWAR
11	18171AA014	DHAVAL VITHAL PATEL
12	18171AA015	EDIGI PRIYANKA GOUD
13	18171AA016	G. ANIRUDH
14	18171AA017	GANDHAM LIKHITHA
15	18171AA018	GANGIDI RISHIKA REDDY
16	18171AA020	GUJARATHI USHA SREE
17	18171AA021	GURRAM NIHARIKA
18	18171AA022	HARSHA VARDHAN UPPARA
19	18171AA023	HEBA MIRZA
20	18171AA029	KATNAPALLY PRANATHI
21	18171AA030	KATTA NAVEEN REDDY
22	18171AA031	KONDAKALLA SATHVIKA REDDY
23	18171AA032	KONJETI KANAKA DURGA NAGA KAILASH
24	18171AA033	KOPPULA SUMANTH KUMAR
25	18171AA034	KORE VYSHNAVI
26	18171AA035	KORNU RAVI KIRAN
27	18171AA036	KURA KARTHIK
28	18171AA037	MALLAVARAM RITHIKA
29	18171AA038	MANNAM SAI DINESH
30	18171AA039	MARYALA VARSHINI
31	18171AA040	MERAJ SULTANA
32	18171AA043	MOHAMMED JAKEERA
33	18171AA044	MOOGALA HARSHITHA
34	18171AA045	MOTURU LIKHITHA
35	18171AA046	N SAI VISHAL



*Gayatri*  
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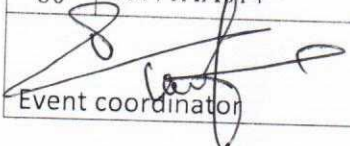
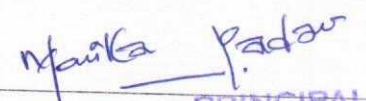
36	18171AA047	NALLELA MANIDEEP
37	18171AA048	P SHOAB ABDULLA KHAN
38	18171AA051	PALLELA HARITHA
39	18171AA052	PESARU RAHUL REDDY
40	18171AA054	R AISHWARYA VARMA BUDDHARAJU
41	18171AA055	RAMYA KRISHNA PARUPALLY
42	18171AA056	RASAKAPURAM TEJASWINI
43	18171AA057	RAYAKUR SHRUTHIKA
44	18171AA058	RISHAB KUMAR BACHHAWAT
45	18171AA059	SAI HARSHA VARDHAN REDDY K
46	18171AA061	SHAIK SAMI
47	18171AA062	SINGAMSETTY SRIKARI
48	18171AA063	SPOORTHI NELATURI
49	18171AA070	THANGELLA AMULYA
50	18171AA071	THORLIKONDA SATHVIKA
51	18171AA074	VELAKURTHI PAVAN KALYAN
52	18171AA075	VENNAMPELLY RAM SAI
53	18171AA076	VENYA KESHI REDDY
54	18171AA077	VISHNU PRIYA MAMIDALA
55	18171AA080	YELAVARTHI PRANITHA
56	17171AA001	BAINAMALLESH KUMAR
57	17171AA002	BIDISHA MAHANTY
58	17171AA003	CHILIVERI PAVAN
59	17171AA005	GOVERDHANAM NAA VARSHA
60	17171AA006	GURRAM PRAVALIKA
61	17171AA008	K DHARAHAS REDDY
62	17171AA009	KALALI KARTHIK GOUD
63	17171AA010	LEKKALA BHARGAV REDDY
64	17171AA011	MALAPAKA SIVA KAMESHWARI
65	17171AA014	MOUNICA YADAV
66	17171AA015	P. SAI KUMAR
67	17171AA016	PEDDIGARI HARIPRIYA
68	17171AA020	SYED ZAYEEM HUSSAIN
69	17171AA021	SYEDA QURRATHUL AIN NAJMI
70	17171AA022	TUNGA MANJUSHA
71	16171AA001	AASHISH KAPOOR
72	16171AA003	CHARULATA AGARWAL
73	16171AA004	GANNOJU RAJABHANU
74	16171AA005	HARSHITHA PYLA
75	16171AA006	HAZARE DIVYA SREE
76	16171AA008	K RAJESH KUMAR
77	16171AA008	K SAI PRIYANKA



*[Signature]*  
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78	16171AA012	L B SOUGANDHIKA
79	16171AA013	MOHD ANWAR MIRZA
80	16171AA014	MOHD SUMAIR JAFFER
		

Event coordinator

*Manika Padar*

PRINCIPAL

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