

LIFE SKILLS
2021-2022



JBR
ARCHITECTURE COLLEGE
HYDERABAD

26-07-2021

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 30th, 2021.

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,

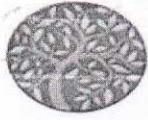
Ar. Indira Kolli

Associate professor

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



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



JBR
ARCHITECTURE COLLEGE
HYDERABAD

Circular

28-07-2021

Dear Students and Faculty,

We are delighted to announce that JBR Architecture College will be organizing a Yoga Day event on July 30th, 2021. This event is aimed at promoting physical and mental well-being among our students and faculty through the practice of yoga.

Workshop Details:

Title: Yoga day

Dates: July 30th, 2021

Venue: Auditorium.

Event coordinator

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

Copy to

Library

Administration Department

IQAC

Notice board



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



Report on Yoga day event for students and Faculty

Date:30-07-2021

Coordinator – Ar.Indira kolli

Introduction: The Yoga Day event organized by JBR Architecture College on July 30th, 2021, aimed to promote physical and mental well-being among students and faculty through the practice of yoga. The event provided an opportunity for participants to engage in guided yoga sessions, relaxation techniques, and mindfulness exercises, fostering a sense of community and holistic wellness within the college.

Event Overview: The Yoga Day event commenced at 11:00am in the Auditorium with students and faculty members gathering to participate in the activities planned for the day. The event began with a brief introduction to the significance of yoga in promoting health and wellness, setting the tone for the sessions to follow.

The sessions catered to individuals of all skill levels and abilities, ensuring that everyone could participate and experience the benefits of yoga firsthand. Participants were encouraged to listen to their bodies and practice mindfulness throughout the sessions, fostering a sense of inner peace and tranquility.

Relaxation Techniques and Mindfulness Exercises: In addition to yoga asanas, the event featured relaxation techniques and mindfulness exercises aimed at reducing stress and promoting mental well-being. Participants engaged in guided meditation, deep breathing exercises, and visualization techniques, allowing them to release tension and cultivate a sense of calmness and clarity.

Community Building: The Yoga Day event served as a platform for students and faculty to come together and connect in a relaxed and supportive environment. Participants shared their experiences, exchanged tips on maintaining a healthy lifestyle, and encouraged each other to prioritize self-care and wellness. The event fostered a sense of camaraderie and belonging within the college community, strengthening relationships and promoting overall well-being.

Conclusion: The Yoga Day event organized by JBR Architecture College on July 30th, 2021, was a resounding success, providing students and faculty with an enriching and rejuvenating experience. Through guided yoga sessions, relaxation techniques, and



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



JBR ARCHITECTURE COLLEGE HYDERABAD

mindfulness exercises, participants gained valuable tools for managing stress, improving flexibility, and enhancing their overall health and wellness. The event exemplified the college's commitment to promoting holistic well-being and fostering a supportive community environment.



Picture is taken while seminar is happening

Event Co-Ordinator



PRINCIPAL

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

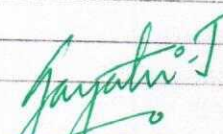
PRINCIPAL
J.B.R. Architecture College
Bhaskar Nagar, Yenkapally (V),
Moinabad (M), R.R. Dist-500 075. T.S



JBR
ARCHITECTURE COLLEGE
HYDERABAD

JBR ARCHITECTURE COLLEGE HYDERABAD		
LIST OF PARTICIPANTS PRESENT		
YOGA DAY		
DATE : 30-07-2021		
S.No	Roll No	Name
1	18171AA001	ABDULLAH
2	18171AA008	BAKI PREETHISH
3	18171AA009	BIJJARAM TANMAYEE
4	18171AA010	CHEEDELLA LOKESHWARI
5	18171AA028	KARIVEDA SAI TEJA
6	18171AA043	MOHAMMED JAKEERA
7	18171AA046	N SAI VISHAL
8	18171AA055	RAMYA KRISHNA PARUPALLY
9	18171AA062	SINGAMSETTY SRIKARI
10	18171AA063	SPOORTHI NELATURI
11	18171AA027	KANNALE NAGINI
12	18171AA071	THORLIKONDA SATHVIKA
13	18171AA072	TURAGA YOGASREE
14	18171AA073	UPPALA SAKETH
15	17171AA005	GOVERDHANAM NAA VARSHA
16	17171AA007	IBRAHIM SHOUKATH
17	17171AA008	K DHARAHAS REDDY
18	17171AA009	KALALI KARTHIK GOUD
19	17171AA015	P. SAI KUMAR
20	17171AA016	PEDDIGARI HARIPRIYA
21	17171AA017	PUPPALA DHANUSH GOUD
22	21171AA001	A KRANTHI KUMAR
23	21171AA002	ABDULLAH AHMED
24	21171AA006	BERI YUTHIKA YADAV
25	21171AA007	CHANDU R R B NAGENDRA DEV BHOOPATHY
26	21171AA008	FARHATH UNNISA BUSHRA
27	21171AA009	GUNDEMONI VISHNU RAJ
28	21171AA015	KHAJA MOIN ABDULLAH
29	21171AA016	MATHE SURYA KAMAL
30	20171AA002	ABHISHEK RAJURI
31	20171AA007	BATTULA JAGADESH REDDY
32	20171AA008	BODIGEMWAR SOWMYA
33	20171AA016	GADDAM VENKATESH
34	20171AA017	GANDRA ROHAN REDDY




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



JBR
ARCHITECTURE COLLEGE
HYDERABAD

35	20171AA018	GANGANNAGARI SATHWIKA
36	20171AA038	MINCOORI VAISHNAVI
37	20171AA042	MUVVALA AAKANKSHA

Event coordinator

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



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