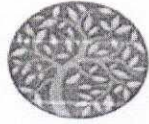


LIFE SKILLS  
2022-2023



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

17-06-2023

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 June 21st, 2023.

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.

Yours sincerely,

Ar.Jaya

Assistant professor



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



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

**Circular**

19-06-2023

Dear Students and Faculty,

We are delighted to announce that JBR Architecture College will be organizing a Yoga Day event on June 21st, 2023. 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: June 21st, 2023

Venue: Auditorium.

Event coordinator

Principal

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

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Notice board



**PRINCIPAL**  
**J.B.R. Architecture College**  
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## **Report on Yoga day event for students and Faculty**

**Date:**21-06-2023

**Coordinator** –Ar.Jaya

**Introduction:** On June 21st, 2023, JBR Architecture College hosted a rejuvenating Yoga Day event aimed at fostering physical and mental well-being among students and faculty members. This report encapsulates the essence of the event and its profound impact on the participants' overall wellness.

**Event Highlights:** The Yoga Day event commenced at 10:00 AM in the serene ambiance of the college courtyard and Auditorium, with participants eagerly gathering to embark on a journey of self-discovery and inner tranquility. The event kicked off with a harmonious chanting session, setting the tone for a day filled with mindfulness and rejuvenation.

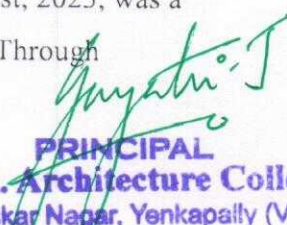
**Guided Yoga Sessions:** Led by experienced yoga instructors, participants delved into a series of invigorating yoga asanas tailored to suit practitioners of all levels. From gentle stretches to challenging poses, each session was meticulously designed to promote flexibility, strength, and relaxation. Participants embraced the therapeutic benefits of yoga, connecting with their breath and finding solace in the present moment.

**Mindfulness Workshops:** In addition to yoga sessions, the event offered insightful workshops on mindfulness and stress management. Participants engaged in guided meditation exercises, breathing techniques, and reflective journaling, gaining valuable tools for cultivating inner peace and resilience in their daily lives. The workshops fostered a deeper understanding of self-care and the importance of nurturing one's mental well-being.

**Community Bonding:** The Yoga Day event served as a catalyst for building meaningful connections and fostering a sense of community spirit within the college. Participants exchanged stories, laughter, and positive energy, forging bonds that transcended classroom walls. The event provided a platform for students and faculty to come together, celebrate diversity, and support each other on their wellness journeys.

**Conclusion:** The Yoga Day event at JBR Architecture College on June 21st, 2023, was a resounding success, leaving a lasting impression on all who participated. Through

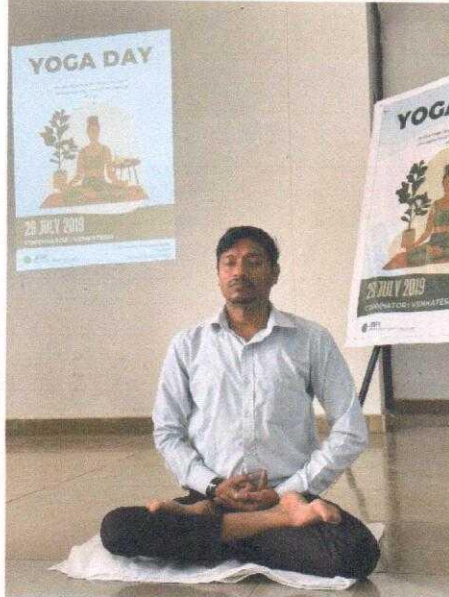


  
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Moinabad (M), R.R. Dist-500 075. T.S.



# JBR ARCHITECTURE COLLEGE HYDERABAD

served as a reminder of the transformative power of yoga and mindfulness in enhancing overall quality of life.



Picture is taken while seminar is happening

Event Co-Ordinator



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

JBR ARCHITECTURE COLLEGE HYDERABAD		
LIST OF PARTICIPANTS PRESENT		
YOGA DAY		
DATE : 21-06-2023		
S.No	Roll No	Name
1	20171AA001	ABDUL FARHEEN
2	20171AA002	ABHISHEK RAJURI
3	20171AA003	AISHWARYA PRAKASH
4	20171AA011	CHIDURA SRI CHARAN
5	20171AA016	GADDAM VENKATESH
6	20171AA017	GANDRA ROHAN REDDY
7	20171AA018	GANGANNAGARI SATHWIK
8	20171AA019	GARAPATI DEEKSHITA
9	20171AA027	KANUMURI SHIVANVITHA
10	20171AA030	KEERTHI CHITTINENI
11	20171AA031	KHAN MOHAMMED ZUBAIR
12	20171AA039	MOHITA
13	20171AA040	MUDDASSIR KHAJA MANZOOR
14	21171AA001	A Kranthi Kumar
15	21171AA002	Abdullah Ahmed
16	21171AA003	ALLURUI PRANATHI
17	21171AA004	AZFAR KHAN
18	21171AA015	KHAJA MOIN ABDULLAH
19	21171AA016	MATHE SURYA KAMAL
20	18171AA001	ABDULLAH
21	18171AA002	ACHO BHARGAVI
22	18171AA003	ADEPU SAICHANDRIKA
23	18171AA001	ABDULLAH
24	18171AA012	CHITYALA RAJITHA
25	18171AA013	DEVASANI SAI ESHWAR
26	18171AA014	DHAVAL VITHAL PATEL
27	18171AA015	EDIGI PRIYANKA GOUD
28	18171AA016	G. ANIRUDH
29	18171AA017	GANDHAM LIKHITHA
30	18171AA018	GANGIDI RISHIKA REDDY

Event coordinator



*Yashika P. J. Star*

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