



SIR C R REDDY COLLEGE FOR WOMEN

(Affiliated to ADIKAVI NANNAYA UNIVERSITY, Rajamahendravaram)

Accredited by NAAC with B + Grade

An ISO - 9001:2015, 14001:2015, 50001:2018 Certified Institution

Included under section 2(f) & 12B of UGC

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Report

Report on Awareness program on Yoga

The Human values and professional ethics cell in association with IQAC organized an Awareness program on “Yoga” 27-01-2026. The course is designed for students to develop their physical and mental strength. 100 students from I B.Com& B.B.A attended the Program.

Sri Venu Gopal Lunani garu, DKY Co-Ordinator of the Region and Sri P. Samb SivaRao garu inaugurated this yoga Awareness program on 27-01-2026.

Sri Kilari Prabhakar Rao, Correspondent, Sir C R. Reddy college for Women, advised the students to improve their physical and mental strength through this program.

Smt. G. Sarala, Principal , Sir C R. Reddy college for Women, appreciated the students for joining in this program as it helps to improve both physical and mental well-being Sri Venu Gopal Lunani garu seems to have shared valuable insights about Yoga. Asanas, Kriyas, and Mudras are essential aspects of Yoga practice.

P.Samba Siva Rao garu conducted a session on Surya Namaskars, explaining their significance and guiding students through the practice. Surya Namaskars is a powerful yoga sequence that promotes flexibility, strength, and overall well-being.

