



Activity Report

Academic year 2022-23	
1. Basic details	
Name of Activity	Yoga
Date	28/01/2023
Faculty in charge	Teja KR
Organized by: Name of Department	Yoga gangotri kendra
Coordinator/ In-charge of Activity	Teja KR
Time	6am to 9:30 am
Venue	Vidhana soudha
Activity for Class/Group	Group
Nature: Academic /Co- curricular/extracurricular/other	Co-curricular
2. Brief information about Activity	
Topic /Subject activity	Yoga
Objectives of the activity	According to Hindu mythology, Lord Surya is believed to enlighten the world with his powerful rays on this day, which is also known as the birth anniversary of Surya. Devotees will gather at temples and homes to offer prayers and perform rituals to seek blessings from Lord Surya and to get rid of past sins.
Methodology	Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position. The Surya Namaskar is a series of 12 yoga poses that are often performed as a flowing sequence, and all Surya Namaskar poses can improve muscle strength and endurance, as well as flexibility. Practicing Surya Namaskar poses (at dawn) on a regular basis can give you a stronger upper body.
Outcome of activity	It is believed that the exposure to the early morning sun, especially on this day rejuvenates, energizes

	and purifies the mind and body.
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3.Proof to be enclosed
Invitation & google tagged photos & any other supporting document

Activity In-charge