

SRI A.S.N.M GOVERNMENT COLLEGE (A), PALAKOL, W.G Dt.
(NAAC Re accredited with B⁺ Grade at 2.67 CGPA)



**INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of Education Initiative)



Department of Physical Education, IQAC and IIC Enabled
“NATIONAL WEBINAR ON YOGA FOR YOUTH
EMPOWERMENT AND MENTAL HEALTH”
Dt : 19-06-2025

S.No	01
Name of the activity	“NATIONAL WEBINAR ON YOGA FOR YOUTH EMPOWERMENT AND MENTAL HEALTH ”
Date of conducting	19-06-2025
Organized by	Department of Physical Education , IQAC & IIC
Objective or nature of the activity curricular/ Extension to community	1. “To Promote Awareness and understanding of the role of YOGA in Enhancing the Mental well - being, emotinal resilience and overall empowerment of youth by integrating traditional practices with modern lifestyle needs. The webinar aims to inspire young individuals to adopt yoga as a holistic tool for managing stress, improving concentration and building inner strength for a balanced life. 2. Empower young minds to hindle academic, social and personal challenges with clarity and calmness. 3. Promote self – awereness and emotional regulation through yogic technics. 4. Connect traditional wisdom with present -day mental health needs.
Resource person	Sri Suresh. Kore BE, Computer science and Engineering , University of Mysore and senior faculty from Art of living state council member for Sri Sri School of Yoga
No. of. Students attended	120
Skills achieved	1. Self-Awaereness: Develops the ability to observe thoughts emotional and actions. Promotes better understanding of one’s strengths and limitations 2. Emotional regulation: Helps manage anxicty,angry and mood swings. Builds calmness and emotional stability through breathing and meditation. 3. Self -confidance: Regular practice improves posture,presence and self-esteem. Encourages a positive self image and belief in one’s potential. 4. Resilience and stress management: Builds the ability to bounce back from setbacks . Reduces stress and mental fatigue through mindfulness and relaxation. 5. Discipline & Self-Control Encourages routine, healthy habits, and responsible decision-making. Reduces impulsive behavior and increases patience.

Values achieved

1. Inner Peace

Cultivates a calm and centered mind.

Reduces inner conflict, anxiety, and restlessness.

2. Compassion and Empathy

Encourages understanding and kindness toward others.

Develops sensitivity to the needs and feelings of peers and society.

3. Self-Discipline

Builds regularity, control over impulses, and healthy routines. Helps youth take responsibility for their actions and growth.

4. Mindfulness

Enhances present-moment awareness and clarity. Encourages thoughtful decision-making and reduced stress.

5. Tolerance and Patience

Helps manage anger, frustration, and intolerance. Fosters the ability to wait, listen, and respond calmly.

6. Self-Respect and Confidence

Builds a strong sense of identity and self-worth.

Encourages pride in one's values, body, and thoughts.

Brief Report:

Introduction

On the occasion of a National Webinar on the theme Yoga for Youth Empowerment and Mental Health was successfully organized on 19th June 2025 by the Departments of Physical education, IQAC and IIC under the guidance of Principal Dr. T. Raja Rajeswari at Sri A.S.N.M Government College (A), Palakol, W.G.Dt.

The event commenced with an inaugural address by Principal Dr. T. Raja Rajeswari, and spoke about importance of yoga. Our reputed resource person, Art of living teacher, State Council Member for Sri Sri School of Yoga **Sri Suresh.Kore** demonstrated Yoga through online and spoke about highlighting the importance of Yoga in every day of life. Our resource person Sri Suresh.Kore guided the participants through various asanas (postures), pranayama (breathing techniques), and meditation practices. The demonstration was followed by an informative session on how regular yoga practice can help manage stress, enhance focus, and support emotional well-being.

The participants students, faculty members, and volunteers attended the session actively and engaged in the practical session and shared positive feedback about their experience.

Key Inputs:

1. Asanas (Postures)

Physical movements and poses that improve flexibility, strength, posture, and overall physical health.
Help release physical tension and prepare the body for meditation.

2. Pranayama (Breathing Techniques)

Controlled breathing exercises that regulate the life force (prana) in the body.
Enhance lung capacity, reduce stress, and promote mental clarity.

3. Dhyana (Meditation)

Practice of focused awareness or mindfulness.
Develops inner peace, emotional balance, and improved concentration.

4. Yama and Niyama (Ethical Principles)

Yama: Social ethics (e.g., non-violence, truthfulness)
Niyama: Personal discipline (e.g., cleanliness, contentment, self-study)
These shape one's moral foundation and guide ethical living

5. Relaxation Techniques (e.g., Shavasana)

Practices to calm the body and mind after yoga sessions.
Help reduce fatigue and restore mental and physical energy.

6. Bhakti and Devotion (Spiritual Connection)

Cultivation of gratitude, devotion, and connection to higher consciousness
Encourages humility, surrender, and emotional well-being.

7. Balanced Diet and Lifestyle

Emphasis on sattvic (pure and balanced) food and habits.
Supports physical health and mental clarity

Out Comes of the Yoga Activity:

1. Increased Awareness of Yoga's Benefits

Participants gained a deeper understanding of how yoga supports physical fitness, emotional balance, and mental clarity.

2. Improved Mental Well-Being

The activity helped reduce stress, anxiety, and tension through guided relaxation and breathing techniques.

3. Development of Life Skills

Skills such as focus, patience, discipline, and self-awareness were reinforced among the youth.

4. Promotion of Healthy Lifestyle

Encouraged students and participants to adopt a routine that includes yoga, proper breathing, and mindfulness in daily life.

5. Positive Participant Feedback

Many participants reported feeling more relaxed, energized, and motivated to continue yoga practice regularly.

6. Community Building

The group session fostered a sense of unity, connection, and shared well-being among students and staff.

7. Motivation for Consistent Practice

Participants were inspired to make yoga a daily habit for long-term personal and academic success.

Conclusion

The Yoga activity served as a meaningful initiative to promote physical health, mental well-being, and emotional balance among the participants, especially the youth. Through guided practice and awareness sessions, the activity highlighted the power of Yoga as a holistic tool for stress management, self-discipline, and personal growth.

Participants not only experienced the calming effects of yoga but also understood its relevance in modern life as a means to overcome daily challenges with clarity and composure. The session successfully encouraged individuals to incorporate Yoga into their daily routine, thereby fostering a lifestyle rooted in peace, mindfulness, and inner strength.

In conclusion, Yoga is not just a form of exercise but a way of life—one that empowers the body, sharpens the mind, and uplifts the spirit. Continuing its practice can significantly contribute to building a healthier, stronger, and more focused generation.

WEBINAR ONLINE LINKS

Link for Registration form

<https://forms.gle/D5sY27zUN3wjz4F67>

Link for Google Meet

National Webinar on Yoga for Youth Empowerment and Mental Health on occasion of International Yoga Day 19-06-2025 as a part of YOGANDHRA activities.

Thursday, June 19 · 3:00 – 5:00pm

Time zone: UTC

Google Meet joining info

Video call link: <https://meet.google.com/nck-xmhs-ceb>

Or dial: (US) +1 984-664-3621 PIN: 957 528 570#

National Webinar Brochure



SRI A.S.N.M GOVERNMENT COLLEGE (AUTONOMOUS)

(NAAC Re-accredited With 'B+' Grade at 2.67 C.G.P.A)
Palakol, West Godavari District – 534 260.

Physical Education , IQAC and IIC Enabled
One Day National Webinar
in Collaboration with Art of Living
on

Yoga for Youth Empowerment and Mental Health

on 19-06-2025
on the Occasion of International Yoga Day,
Yogandhra activities from 21st May to 21st June , 2025



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Principal
Sri A.S.N.M. Govt. College
(A), Palakol

Registration Link & QR code:
<https://forms.gle/D5sY27zUN3wjz4F67>



Resource Person
Sri. Suresh Kore
Senior faculty from Art of living
State council member for
Sri Sri School of Yoga





Photos

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epaper.eenadu.net

మానసిక ఎదుగుదలకు యోగా వజ్రాయుధం

పాలకొల్లు, న్యూస్టుడే: మానవ శరీరంతో పాటు మానసిక ఎదుగుదలకు యోగా సాధన వజ్రాయుధం వంటిదని ఆర్ట్ ఆఫ్ లివింగ్ సీనియర్ శిక్షకుడు సురేశ్ సూచించారు. స్థానిక ఏఎస్ఎన్ఎం కళాశాలలో యోగా ఫర్ యూత్ ఎంపవర్మెంట్ అండ్ మెంటల్ హెల్త్ అనే అంశంపై జాతీయస్థాయి వెబ్నార్ శుక్రవారం జరిగింది. ప్రిన్సిపల్ టి. రాజరాజేశ్వరి అధ్యక్షతన యోగా ఉపయోగాలు వివరించారు. అనంతరం ఆన్లైన్లోనే వజ్రాసనం, పద్మాసనం, భుజంగా

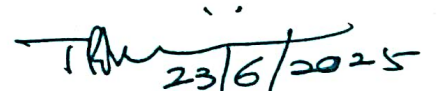


ఏఎస్ఎన్ఎం కళాశాలలో సాధన

సనం, ధనురాసనం, ప్రాణాయామం నేర్పించి సాధన చేయించారు.

Date : 21/06/2025 EditionName : ANDHRA PRADESH(WEST GODAVARI) PageNo :

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23/6/2025
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