

REPORT

On

One Day Outreach Programme on Daily Yoga Routine @ Pattaravakkam

The poster is for an event at SRM Institute of Science and Technology, Department of Electrical and Electronics Engineering. It is in association with Unnat Bharat Abhiyan 2.0 and Universal Human Values. The event is titled "DAILY YOGA ROUTINE". The speaker is Dr. K. Usha, Distance Education, SRMIST, KTR. The date is 23rd July, 2024, and the time is 10:30AM to 12.00 PM. The convenors are Dr. R. Sridhar, Dr. S. Usha, and Dr. A. Geetha. The poster also features logos for NAAC (A++), UGC (Category 1 with 12B Status), NIRF (Ranked 19th University), QS (2023 World Ranking one among 41 Indian Universities), THE WORLD UNIVERSITY RANKINGS (2023 World Ranking one among 75 Indian Universities), ARIIA (2021 Ranked 4th), and SHANGHAI RANKING (2023 World Ranking one among 14 Indian Universities).

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING
in association with
Unnat Bharat Abhiyan 2.0 & Universal Human Values
"DAILY YOGA ROUTINE"

Speaker:
Dr. K. Usha ,
Distance Education,
SRMIST, KTR

Convenors
Dr. R. Sridhar
Dr. S. Usha
Dr. A. Geetha

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An Outreach Programme on Daily Yoga Routine was organized by SRMIST, EEE department in association with Unnat Bharat Abhiyan (UBA) team and Universal human values at the UBA adopted village Pattaravakkam on 23.07.2024.

The daily yoga routine event at Pattaravakkam Government School was initiated to promote physical and mental well-being among students. Recognizing the numerous benefits of yoga, the school aimed to incorporate this ancient practice into the students' daily schedule, fostering a healthier and more balanced lifestyle.

The program includes various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques suitable for children of all ages. The main objectives of the yoga routine event such as to improve students' physical health by enhancing flexibility, strength, and coordination and to boost mental well-being by reducing stress, anxiety, and improving concentration.





The yoga sessions was conducted by Dr. K. Usha, Department of Yoga, Directorate of distance education, SRMIST. The program is designed to be inclusive and accessible to all students, regardless of their physical abilities. The response from the students has been overwhelmingly positive. Many students have reported feeling more energetic and focused throughout the session.

The headmistress of the Pattravakkam Government School, Ms. Rajasekari, and her co-teachers thanked the UBA EEE team Dr. R. Sridhar, Dr. A. Geetha, and Dr. S. Usha, for organizing the event.