



*Samskruti Foundation*

*Our Culture Our Identity*

# **Report on Yoga for Youth**



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*Our Culture Our Identity*

**Cultural Leadership Center**

# **Yoga for Youth**

<http://www.samskrutifoundation.org>



Samskruthi Foundation

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## Introduction of Samskruti Foundation:

Samskruti Foundation, a registered trust under section 4 of Indian Trust Act 1882 with registration No. 000124/2009, has been striving towards nation-building by promoting and nurturing Indian culture, traditions and quality of life through various outreach programmes. The Vision and Mission of the Foundation are as under:

**Vision:** To be a national resource center for culture.

**Mission:** To preserve, protect and encourage practice of the Bharatiya culture and ethos through research, education, training and dialogue.

## Yoga for Youth at Samskruti Foundation:

Yoga for Youth is a transformative practice designed to equip students with the inner strength and resilience needed to navigate the pressures of modern education and the fast-paced demands of life. In today's world, where stress and anxiety are prevalent among young people, yoga offers a holistic approach to fostering well-being, both mentally and physically.

Yoga offers profound insights into the laws of nature and the interconnectedness of all beings. By exploring concepts such as Karma (action), Dharma (purpose), and Svadhyaya (self-study), students gain a deeper understanding of themselves and their place in the world. This awareness fosters a sense of empathy, compassion, and environmental stewardship, contributing to the creation of a more harmonious and sustainable society.

In essence, Yoga for Youth serves as a beacon of hope and empowerment, guiding students on a journey of self-discovery, growth, and transformation. By embracing the teachings of yoga, young individuals can cultivate the inner resources needed to navigate life's challenges with grace, resilience, and authenticity. Through the practice of yoga, the youth are not just equipped to sail through turbulent times but also empowered to thrive amidst the complexities of the modern world.

## Yoga for Youth at Cultural Leadership Centre

On 21st June 2024, the Cultural Leadership Centre hosted a special event titled "Yoga for Youth" in celebration of International Yoga Day. This event was thoughtfully organized to engage young individuals in the practice of yoga, with the goal of fostering physical well-being, mental clarity, and a deeper connection to cultural roots. The initiative was aimed at inspiring the younger generation to adopt a holistic approach to health and wellness through yoga.

### Event Objectives:

- **Promote Physical Well-Being:** The event sought to introduce youth to various yoga practices that enhance physical fitness, flexibility, and strength. By participating in yoga, attendees were encouraged to recognize the importance of maintaining a healthy body.
  - **Enhance Mental Clarity:** Yoga is known for its benefits in improving concentration and reducing stress. The event included techniques and practices designed to help young individuals achieve mental clarity and emotional balance, essential for managing the pressures of modern life.
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- **Cultural Connection:** In addition to its health benefits, yoga is deeply rooted in Indian culture and spirituality. The event aimed to strengthen participants' connection to these cultural traditions, enriching their understanding of yoga's historical and cultural significance.

### Yoga for Youth Highlights

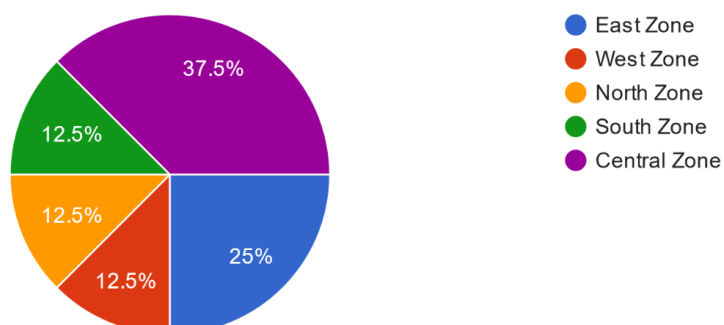
Total number of colleges had Events	8
Total number of students participated in events	840
Total number of CLC Team members participated	7
Total number of college management members participated	30
Total number of resource person	5

### Colleges Name participated

1. Bhaskar Engineering College
2. Mahaveer Institute of Technology and Science
3. SP College padmarao Nagar
4. Vignan Institute of Management and Technology for Women
5. Kommuri Pratap Reddy Institute of Technology
6. A. V. College
7. Malla Reddy Pharmacy College
8. AMS Law College

### Zonal Data Report

Zone  
8 responses



## Yoga for Youth report 2024

S.no	College Name	Zone	SF Coordinator's name	Yoga experts Resource Persons	Total Students	Faculties Name
1	Bhaskar Engineering College	West	A.Hariharan ji	Koteshwara Rao ji	50	A. Vanisree ji,
						P. Monika ji,
						G. Shiruthi ji
2	Mahaveer Institute of Technology and Science	South	Shetty Mahesh ji	Shetty Mahesh ji	160	Saidiah ji
3	Vignan Institute of Management and Technology for Women	East	Anupama Shah ji	Yoga expert from Kanha Shantivanam	200	Mrs. Suzan Shalini
4	Kommuri Pratap Reddy Institute of Technology	East	Anupama Shah ji	Sudhakar D ji	100	Shri Madan mohan
5	Sardar Patel College	Central	Smt T. Suhasini ji	Sudhakar D ji	50	Shri Amar Ji
6	AV College	Central	Smt T. Suhasini ji	Sri Mahesh Shetty ji	30	Sangeeta Reddy ji
7	AMS Law college	Central	Smt T. Suhasini ji Smt G. Sampada ji	Shetty Mahesh ji Sampada ji	200	Principal Lakshmi
8	Malla Reddy Pharmacy college	North	Madhukar ji	Yoga master	50	Kayithi praneetha, M. Namratha, Pravalika

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## Colleges participation Report

### Bhaskar Engineering College

**Date:** 21st June 2024

**Name of the College:** Bhaskar Engineering College

**Zone:** West Zone

**SF Coordinator's Name:** Hariharan Ayalur

**Resource Person:** Koteshwara Rao ji

**College Representatives:** Principal Dr. Sumagna Patnaik, A. Vanisree ji, P. Monika ji, G. Shiruthi ji

**Participants:** 50 Students

**Venue:** Bhaskar Engineering College, inside JBIT

**Event Summary:** On 21st June 2024, Bhaskar Engineering College celebrated International Yoga Day with the participation of students and faculty members. The event, organized at the college venue, included the following highlights:

**Members on the Dais:** Principal Dr. Sumagna Patnaik, Resource Person Koteshwara Rao ji, and teachers.

#### Flow of Events:

- The event commenced with a speech by Principal Dr. Sumagna Patnaik, emphasizing the importance of yoga and its daily benefits.
- Koteshwara Rao ji followed with a brief introduction and proceeded to lead the practical session, starting with the basics of yoga and covering all the poses in the international yoga protocols.

#### Other Highlights:

- Both teachers and students fully participated in the yoga session.
- The event concluded on a joyful note with Laughing Yoga, leaving all participants happy and refreshed.







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## Mahaveer Institute of Technology and Science

**Date:** 21st June 2024

**Name of the College:** Mahaveer Institute of Technology and Science

**Zone:** South Zone

**SF Coordinator's Name:** Shetty Mahesh Kumar ji

**Resource Person:** Shetty Mahesh Kumar ji

**College Representatives:** Saidiah ji

**Participants:** 160 Students

**Venue:** Mahaveer Institute of Technology and Science

**Event Summary:** On 21st June 2024, Mahaveer Institute of Technology and Science celebrated International Yoga Day with an enthusiastic gathering of students and faculty members. The event was meticulously planned and executed, featuring several key segments:

**Members on the Dais:** Principal and faculty.

### Flow of Events:

- ❖ **Introduction to Yoga:** The event began with an introduction to yoga, highlighting its importance, benefits, and relevance in daily life. This segment aimed to set the stage for the practical session that followed.
  - ❖ **Introduction of the Samskruti Foundation Resource Person:** Shetty Mahesh Kumar ji, the resource person from Samskruti Foundation, was introduced to the participants. His credentials and contributions to the field of yoga and wellness were shared to establish his authority and expertise.
  - ❖ **Jyothi Prajwalana:** The ceremonial lighting of the lamp, Jyothi Prajwalana, was performed to signify the dispelling of ignorance and the welcoming of knowledge and enlightenment.
  - ❖ **Vandemataram:** The event continued with the singing of Vandemataram, fostering a sense of patriotism and unity among the participants.
  - ❖ **50-Minute Yoga Session:** A comprehensive 50-minute yoga session was conducted by Shetty Mahesh Kumar ji. The session included various yoga poses and breathing exercises, adhering to international yoga protocols. The practical session aimed to provide participants with firsthand experience of the physical and mental benefits of yoga.
  - ❖ **Detailed Explanation of Samskruti Foundation and its Events:** An informative segment followed, where the objectives and activities of the Samskruti Foundation were explained in detail. This included an overview of the foundation's events and initiatives, such as the Community Learning Centers (CLC), and a preview of the upcoming event, Rakhi for Soldiers (RFS).
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- ❖ **Felicitation of Shetty Mahesh Kumar ji:** Mahaveer Management honored Shetty Mahesh Kumar ji for his valuable contribution to the event. A formal felicitation ceremony was conducted, recognizing his efforts and dedication.
  - ❖ **National Anthem:** The participants stood together to sing the National Anthem, reinforcing a sense of national pride and unity.
  - ❖ **Interactive Session between the SF Resource Person and Students:** An engaging interactive session took place, where students had the opportunity to ask questions and share their experiences. This direct interaction helped in addressing any queries and enhancing the overall learning experience.
  - ❖ **Expression of Enthusiasm for Weekly Sessions:** The Mahaveer Management expressed their enthusiasm for organizing weekly yoga sessions. Their positive feedback and keen interest highlighted the success of the event and the potential for ongoing collaboration.
  - ❖ **Presentation of a Token of Appreciation:** As a gesture of gratitude, Mahaveer Management presented Shetty Mahesh Kumar ji with a small token of appreciation, including a sapling and a diary. This symbolic gesture underscored their appreciation for his efforts and contribution.

### Other Highlights:

The students and management were highly enthusiastic and eager to engage in more volunteering activities. Their active participation and positive response underscored the success of the event and indicated a strong willingness to continue such initiatives in the future.

### Pictures of event at Mahaveer College:







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## Vignan Institute of Management and Technology for Women

**Date:** 21st June 2024

**Name of the College:** Vignan Institute of Management and Technology for Women

**Zone:** East Zone

**SF Coordinator's Name:** Anupama Shah ji

**Resource Person:** Yoga expert from Kanha Shantivanam

**College Representatives:** Principal Dr. Apparao Naidu, Mrs. Suzan Shalini

**Participants:** 200 Students

**Venue:** Vignan's Institute of Management and Technology for Women, Ghatkesar

**Event Summary:** On 21st June 2024, Vignan Institute of Management and Technology for Women celebrated International Yoga Day with an enthusiastic participation of students and faculty. The event was organized meticulously and included several important segments:

**Members on the Dais:** Shri T. Rambabu, Dr. Amarnadha Reddy Manchuri, Principal Shri Apparao Naidu, and Anupama Shah.

### Flow of Events:

- ❖ **Gathering of Students:** Students and faculty members gathered at the venue, creating an atmosphere of anticipation and excitement for the day's activities.
- ❖ **Arrival of Guests and Resource Person:** The esteemed guests and the resource person, a yoga expert from Kanha Shantivanam, arrived at the venue. Their presence added significance to the event and motivated the participants.
- ❖ **Brief Talk by a Sister from Brahmakumaris about Rajayoga Meditation:** A sister from Brahmakumaris gave an insightful talk on Rajayoga meditation, highlighting its benefits and how it can be integrated into daily life for mental and emotional well-being.
- ❖ **Talk about Samskruti Foundation by Shri T. Rambabu ji and Shri Amarnath ji:** Shri T. Rambabu ji and Shri Amarnath ji provided an overview of the Samskruti Foundation, discussing its mission, initiatives, and impact. They emphasized the importance of cultural preservation and community service.
- ❖ **Yoga Session for Students:** The yoga expert led a comprehensive yoga session for the students. This session included various yoga poses, breathing exercises, and relaxation techniques, providing participants with a holistic experience of yoga.
- ❖ **Felicitation of Guests by the Principal:** Principal Shri Apparao Naidu formally felicitated the guests, acknowledging their contributions and expressing gratitude for their participation in the event.

Overall, the International Yoga Day celebration at Vignan Institute of Management and Technology for Women was a resounding success, fostering a sense of community, well-being, and cultural appreciation among all participants.

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## Kommuri Pratap Reddy Institute of Technology

**Date:** 21st June 2024

**Name of the College:** Kommuri Pratap Reddy Institute of Technology

**Zone:** East Zone

**SF Coordinator's Name:** Anupama Shah ji

**Resource Person:** Sudhakar D ji

**College Representatives:** Shri Madan Mohan ji

**Participants:** 100 Students

**Venue:** Kommuri Pratap Reddy Institute of Technology

**Event Summary:** On 21st June 2024, Kommuri Pratap Reddy Institute of Technology celebrated International Yoga Day with an engaging and well-organized event. The celebration brought together students and faculty members to highlight the significance of yoga in enhancing overall well-being and academic performance.

**Members on the Dais:** Shri Danam Sudhakar ji

### Flow of Events:

- **Opening Speech:** The event commenced with a brief yet impactful speech by Sudhakar D ji, the resource person. Held in the auditorium, his address focused on the importance of yoga in student life. He discussed how regular practice of yoga can improve concentration, reduce stress, and promote a balanced lifestyle, which is crucial for academic success and personal development.
- **Felicitation of the Resource Person:** Following the speech, Sudhakar D ji was felicitated for his valuable contribution to the event. This gesture of appreciation recognized his expertise and the effort he put into making the event informative and inspiring.
- **Yoga Session:** After the felicitation, students gathered in an open space on the campus for a practical yoga session. Under the guidance of Sudhakar D ji, participants performed various yogasanas (postures), which were designed to enhance physical fitness and mental relaxation. The session was interactive and encouraged students to engage actively with the practice.

### Other Highlights:

- **Discussion with Faculty:** During the event, discussions were held with faculty members regarding upcoming events and initiatives. The faculty was invited to participate in the Abhyasa Varga program, which aims to further promote yoga and cultural practices among the community. This engagement underscored the institution's commitment to fostering a holistic educational environment.
  - **Student Engagement:** The event saw enthusiastic participation from students, who were actively involved in the yoga session. Their engagement reflected a positive reception of the benefits of yoga, and many expressed interest in continuing their practice beyond the event.
  - **Community and Wellness Focus:** The celebration was not just about yoga but also about building a sense of community and promoting wellness. The event successfully highlighted how yoga can be integrated into daily routines to enhance overall quality of life.
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## Sardar Patel College

**Date:** 24th June 2024

**Name of the College:** Sardar Patel College

**Zone:** Central

**SF Coordinator's Name:** Smt Suhasini .T

**Resource Person:** Sudhakar D ji

**College Representatives:** Shri Amar Ji

**Participants:** 50 Students

**Venue:** Sardar Patel College

**Event Summary:** On 24th June 2024, Sardar Patel College organized a vibrant celebration of Yoga Day, bringing together students and faculty to recognize the benefits of yoga and encourage a healthier lifestyle.

**Members on the Dais:** Sri N. Ksheera Sagar Ji, Dr. N. Hemalatha (Principal), Vice Principal, and Smt Suhasini

### Flow of Events:

- **Inaugural Rituals:** The event commenced with a traditional lighting of the lamp and garlanding of Saraswati Mata, a symbol of wisdom and learning. This was followed by the college prayer, setting a serene and respectful tone for the day's activities. The Principal delivered an opening speech, emphasizing the significance of yoga in promoting physical and mental well-being.
- **Resource Person's Address:** Sudhakar D ji, the resource person, gave an insightful speech on the importance of yoga in daily life. He discussed the various benefits of yoga, including its role in enhancing concentration, reducing stress, and maintaining overall health. His talk provided a valuable foundation for the practical yoga session that followed.
- **Yoga Session:** The practical segment of the event began with a warm-up session designed to prepare participants for yoga practice. Sudhakar D ji guided everyone through a series of breathing exercises (pranayama) and various asanas (postures).
- **Interactive Yoga Practice:** The session included a comprehensive yoga routine that covered essential asanas aimed at improving flexibility, strength, and balance. The resource person provided individual attention to ensure that all participants were comfortable and benefiting from the practice.

### Other Highlights:

- **Staff Participation:** In addition to the student participants, nearly 20 staff members from the college also took part in the event. Their involvement underscored the college's commitment to promoting wellness across the entire institution.
  - **Community Engagement:** The event successfully fostered a sense of community and collective well-being. The participation of both students and staff highlighted the importance of integrating yoga into various aspects of daily life.
  - **Future Initiatives:** The positive feedback and enthusiastic participation from both students and staff suggest a strong interest in continuing yoga practice. The college plans to incorporate more wellness activities into its regular schedule, encouraging ongoing engagement with yoga and other health-promoting practices.
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## Pictures of event at S P college:



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## A V College of Arts, Science & Commerce

**Date:** 27th June 2024

**Name of the College:** A V College of Arts, Science & Commerce

**Zone:** Central Zone

**SF Coordinator's Name:** Smt Suhasini .T

**Resource Person:** Sri Mahesh Shetty ji

**College Representatives:** Sangeeta Reddy ji

**Participants:** 30 Students

**Venue:** A V College of Arts, Science & Commerce

**Event Summary:** On 27th June 2024, A V College of Arts, Science & Commerce celebrated Yoga Day with an engaging event that highlighted the significance of yoga and its benefits for students. The event was organized to provide participants with both educational and practical experiences related to yoga.

### Flow of Events:

- **Introduction and Overview:** The event began with a presentation by Sri Mahesh Shetty ji, who provided an overview of the activities conducted by the Samskriti Foundation. His talk included details about the Foundation's mission, ongoing projects, and how yoga and wellness are integrated into their initiatives. This introduction helped participants understand the broader context and importance of the yoga practices they were about to experience.
- **Yoga Session:** The practical yoga session commenced with a series of warm-up exercises designed to prepare the body for more intensive yoga practices. Following the warm-up, Sri Mahesh Shetty ji led the participants through various breathing exercises (pranayama) and asanas (postures). The session aimed to enhance flexibility, strength, and mental relaxation.
  - **Warm-Up:** The session began with gentle stretching and warm-up exercises to loosen the muscles and prepare participants for the yoga poses.
  - **Breathing Exercises:** Participants practiced various breathing techniques to improve respiratory function and mental focus.
  - **Asanas:** The session included a range of yoga postures designed to promote physical health and mental clarity. Each asana was demonstrated and explained in detail, ensuring that participants could perform the exercises correctly and safely.
- **Discussion on Upcoming Activities:** Following the yoga session, Sangeeta Reddy ji provided an update on upcoming activities organized by the Samskriti Foundation. This included information on future wellness programs, cultural events, and other initiatives that align with the Foundation's goals. Participants were encouraged to engage with these activities to further their understanding and practice of yoga.

Overall, the Yoga Day celebration at A V College of Arts, Science & Commerce was a successful event that combined educational content with practical yoga practice. It provided participants with valuable insights into yoga and encouraged them to stay connected with ongoing wellness activities organized by the Samskruti Foundation.

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## Andhra Mahila Sabha Law College

**Date:** 28th June 2024

**Name of the College:** Andhra Mahila Sabha Law College (College of Law for Women)

**Zone:** Central Zone

**SF Coordinators' Names:** Suhasini T ji and Sampada ji

**Resource Persons:** Shetty Mahesh Kumar ji and Sampada ji

**College Representative:** Principal Lakshmi

**Participants:** 200 Students

**Venue:** Andhra Mahila Sabha Law College

**Event Summary:** On 28th June 2024, Andhra Mahila Sabha Law College celebrated Yoga Day with a comprehensive event aimed at enhancing students' understanding of yoga and its benefits. The event brought together students, faculty, and resource persons to highlight the importance of yoga in promoting both physical and mental well-being.

**Members on the Dais:** Dr. Polamraju Lakshmi (Principal), Suhasini T ji, Sampada ji, and Shetty Mahesh Kumar ji

### Flow of Events:

- **Overview of Yoga:** The event commenced with an insightful overview of yoga by Sampada ji. She provided a detailed explanation of yoga's origins, its significance, and its benefits for mental and physical health. Her talk set the stage for the practical session and helped participants appreciate the value of incorporating yoga into their daily lives.
- **Introduction to Samskruti Foundation:** Following the overview, Shetty Mahesh Kumar ji gave a presentation about the Samskruti Foundation. He outlined the Foundation's mission, its various initiatives, and how it integrates yoga and wellness into its programs. This introduction aimed to inform participants about the broader context of the yoga practices they were about to engage in.
- **Yoga Workshop:** The core of the event was a hands-on yoga workshop conducted by Shetty Mahesh Kumar ji and Sampada ji. The workshop included:
- **Principal's Address and Vote of Thanks:** Principal Lakshmi addressed the gathering, emphasizing the importance of yoga in the life of law students, who often face significant stress and pressure. She expressed gratitude to the resource persons and coordinators for their contributions and support. The Principal concluded with a vote of thanks, recognizing the value of the event and its impact on the students.





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## Malla Reddy Pharmacy College

**Date:** 21st June 2024

**Name of the College:** Malla Reddy Pharmacy College

**Zone:** North Zone

**SF Coordinator's Name:** Madhukar ji

**Resource Person:** Yoga Master

**College Representatives:** Principal Dr. G. Tulja Rani ji, Kayithi Praneetha ji, M. Namratha ji, Pravalika ji

**Participants:** 50 Students

**Venue:** Malla Reddy Pharmacy College

**Event Summary:** On 21st June 2024, Malla Reddy Pharmacy College held a vibrant and educational celebration of International Yoga Day. The event was thoughtfully organized to engage students and faculty in understanding and practicing yoga, highlighting its benefits for physical and mental well-being.

**Members on the Dais:** Principal Dr. G. Tulja Rani ji, Kayithi Praneetha ji, M. Namratha ji, Pravalika ji

### Flow of Events:

- **Opening Speech:** The event began with an inspiring speech emphasizing the importance of incorporating yoga into daily life. The speaker highlighted how regular practice of yoga can contribute to overall health, stress reduction, and improved concentration, especially relevant for students in the demanding field of pharmacy.
  - **Yoga Presentation:** Following the speech, a detailed yoga presentation was shown. This presentation covered the fundamentals of yoga, including its history, benefits, and various practices. The visual and informative content aimed to provide participants with a comprehensive understanding of yoga and its significance.
  - **Warm-Up and Breathing Exercises:** The practical part of the event began with warm-up exercises designed to prepare participants for yoga practice. This was followed by a series of breathing exercises (pranayama), which are essential for enhancing respiratory health and mental focus.
  - **Yoga Asanas:** The session continued with a series of yoga asanas (postures) demonstrated and led by the yoga master. Participants practiced various poses that focused on improving flexibility, strength, and balance. Each asana was explained in detail to ensure correct execution and maximize benefits.
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## Implementation team

- ❖ **Co-Convener Samskruti Foundation** – Shri T. Rambabu
- ❖ **CLC Director** – Dr. Vivek Modi ji
- ❖ **Activity Mentor** – Shree Deshmukh ji
- ❖ **Coordinator** - Hariharan Ayalur
- ❖ **Zonal Incharges** –
  - Suhasini ji, Sampada ji
  - Anupama Shah ji
  - Ajay ji, Murali Krishna ji
  - Madkuakar ji
  - Mahesh Shetty ji