

# SamskrutiSamachar

Hyderabad July 2022



*Samskruti Foundation*  
*Our Culture Our Identity*

## 'YOGA FOR YOUTH'

Yoga is the supreme way of living a life. After its eternal existence, the practice of Yoga came into the limelight in the near past. The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is the supreme training of our physical, mental, and spiritual inner self, which originated in ancient India. It aims at bringing inner transformation within students to cope with the pressure that modern education brings in their fast-paced life. Yoga will arm youth to sail through turbulent times with ease. Yoga is a powerful tool to overcome life's challenges. Yoga will be helpful to gain the ability to take the right decisions, build the right physique, to bring moderation to the five aspects of life. Yoga brings charisma to our mind, body, and spirit. Yoga makes us a reflective entity of nature, as we understand the beauty of nature through Yoga.

Samskruti Foundation has celebrated this Yoga Day to spread the wellness one can achieve through Yoga. The "Yoga for Youth" program has been conducted in several colleges in Hyderabad, Telangana in a grand manner. Many eminent personalities graced the event and enlightened the students about "Career in Yoga".

## VIGNANA BHARATHI ENGINEERING COLLEGE AND BHARAT INSTITUTE OF ENGINEERING AND TECHNOLOGY

The "Yoga for Youth" program for these colleges has been conducted at Bharat Institute of Engineering and Technology on the 22nd of June, 2022. Almost 80 students from both colleges participated in this program. With the Samskruti Foundation representatives, Sri G Sai Krishna & Sri S Abhinav present there, the chief guest Sri

Kaasinadh Lakkaraju graced the event with his presence.

Sri Kaasinadh Lakkaraju, is a Technical Graduate from JNTU Anantapur and has obtained his masters from NIT Warangal.

He was a Software Consultant for about 30 years. He is a Certified Yoga Trainer from SVYASA Bengaluru in 2008 and has been working as a Yoga trainer with Vemana Yoga Research Institute for 12 years. He completed his PG Diploma in Yoga Therapy from Sports University Chennai. He is also

the founder of SAKSHAM National Level NGO for the rehabilitation of Divyangjan and the prevention of disabilities. He is working in the field for the last 26 years.

He is also the Executive Council Member - National Institute of Locomotors Divyangjan-Kolkata; Zonal Convenor Rehabilitation council of India; Director at Dhaatri Mothers' Milk Bank Niloufer Hospital; PRANAV Center for Universal Hearing Screening Niloufer Hospital Red hills.

*"Yoga not only helps one to be physically fit but also helps one to focus because it helps to relax and maintain calmness in the mind"* - Said Sri Kaasinadh Lakkaraju while talking to students

He said Students sometimes lament their inability to focus on their studies or remember the answer while answering questions, especially those

preparing for significant exams which causes them stress. This stress in turn causes behavioral issues like irritability, insomnia, unexpected changes in appetite or loss of appetite, and in severe cases, depression. He recommended students to practice daily Yoga to tackle this stress and depression.



\*\*\*\*\*

### **Sreyas Institute of Engineering and Technology and Mahaveer Institute of Science and Technology**

The "Yoga for Youth" program for both these colleges was conducted in the Auditorium of Sreyas Institute of Engineering and Technology on the 23rd of June, 2022. Almost 265 students from both colleges participated in this program. With the Samskruti Foundation representatives, Sri G Sai Krishna & Sri S Abhinav present there, the chief guest, Dr. T Padmaja graced the event with and participated. College representatives, Sri S S Sathyanarayana Reddy, We appreciate Sri Ravi & Smt Swathi for carrying out the program successfully.

Dr. T. Padmaja, is a highly qualified woman. She is a Yoga Therapist, M.A. in Astrology M.A., M.Phil., Ph.D.(Economics), YIC, M.Sc. (Yoga Therapy) M.A.(Ph.D.)(Astrology), PGDCA, and Samskrutam 5 levels (IIT Roorkee). She Wrote papers for CENSUS and UNICEF on the Dynamics of child labor and Structural changes in the child labor market respectively. She also wrote a Paper on the Right

to Education which got published in the ISBN book. Till 2015 she worked as Project Associate, in various central and state government projects in the Centre for Economic and Social Studies (CESS), an Autonomous Research Organization, in Hyderabad.

*"Having a job is a good thing and making money out of it seems like a beautiful piece of art. No shame in sharing that. But, what about the additional stress, backaches, and emotional turmoil one goes through?"*- Dr. T Padmaja leads us to question ourselves.

Dr. T Padmaja said 'Yoga is more than just stretching, physical postures, or closing eyes. It is a unique workout for the body and intellectual mind. It can be helpful in both memorizing and learning capacity by counteracting stress and promoting will-power. Through Yoga, one can attain spiritual development. By doing regular yogic exercise we can have good control over our minds.

She told by practicing Yama and Niyama-such as non-violence, truthfulness, being righteous, and Swadhyaya, an individual can become strong morally and ethically. She also mentioned a few Yoga Asanas like Padmasana and Siddhasana which are best suited for meditation, as they enhance meditation power and peace in life. She also mentioned the significance of Pranayama.



## Vignan's Institute of Management and Technology for Women

The "Yoga for Youth" program at Vignan's Institute of Management and Technology for Women was conducted on the 25<sup>th</sup> of June, 2022.

Around 170 students participated in this program. With the Samskruti Foundation representatives, Smt. Naga Prasanthi & Annapurna present there, the chief guest Smt Sathyavathi, a Professional Yoga trainer made this event successful.

N. Sathyavathi is a Yoga Instructor Practising for the last 25 yrs. She is working for J.N.U.T. and Academic Staff College, for the past 5 yrs. She is previously a National Level and International Level Athlete. She bagged Medals for A.P for 10 yrs. She represented the state Handball and Football teams.

"Yoga is not only about the different types of postures and holding our breath. Yoga helps us see and experience the reality"- N. Sathyavathi, Yoga Instructor.

She also said that Yoga is an Art of healthy living. If one practices Yoga regularly, one will be assured of balance in life beautifully. With the help of Yoga, one can balance both our **mental** and **physical situations** efficiently.



Many Medical professionals and Celebrities are adapting modernized Yoga Techniques nowadays. Yoga is also important in **school** life. It is a way to achieve great things in life. Yoga helps one keep good blood circulation. Yoga makes one forget their stress, while it makes one concentrate on one's breath and posture.

Yoga yields many benefits. It helps us to pass more oxygen in our body and helps to lower the heart rate. As a whole, it keeps us away from any cardio problems. It makes our bodies flexible. Yoga also helps us detox and remove toxins from our bodies.

\*\*\*\*\*



## Guru Nanak Institute of Technology

The 'Yoga for Youth' program at Guru Nanak Institute of Technology was conducted on the 24<sup>th</sup> of June, 2022. Almost 120 students participated in this program. With the Samskruti Foundation representatives, Sri G Sai Krishna & Sri S Abhinav present there, the chief guest, **Dr. Nishitha** graced the event with her presence. College representatives, Dr. Ramesh, the Principal & Srinivas are appreciated for carrying out the program successfully.

Dr. Nishitha is M.B.B.S.M. Phil (Hospital and Health Systems Management BITS Pilani), with a Diploma in Gynecology & Obstetrics. She is a consultant at Garbha Sanskar. She has Multidimensional experience in Clinical practice, Healthcare Management, Social Networking, and Public Relations. She is a seasoned professional with more than 18 years of experience in Healthcare (clinical practice and hospital administration).

"Your journey as a Yoga teacher shall not be limited to only taking classes but shall extend to moments of realizing your shortcomings, demons, and some leftover negative feelings."- Dr. Nishitha, M.B.B.S

She encouraged students and told as a Yoga instructor or an amateur Yogi, they can be trained to be a Yoga instructor for a wholesome experience while gaining a lot of insightful lessons. She said a career as a Yoga teacher shall give you the freedom to conduct classes on your own terms and ethics, and associate with your clients on a spiritual level as well.

Yoga improves Self-Control Through controlled breathing and controlled movement. Yoga teaches people self-control. As a result, they do not react impulsively or make hasty decisions even in an emotional state. Yoga boosts immunity and improves physical appearance alongside its myriad health benefits. Yoga also prevents attacks from different viruses and bacteria by increasing the levels of antibodies. Yoga is an aging inhibitor. It promotes blood circulation which can work wonders for the skin, hair, and nails. A healthy body feels and looks happy; and increases Self-Confidence and Self-Esteem.



\*\*\*\*\*

**"Don't look back -forward infinite energy, infinite enthusiasm, infinite daring, and infinite patience – then alone can great deeds be accomplished."**  
**- Swami Vivekananda**

## Malla Reddy Institute of Engineering and Technology (MRIET)

The 'Yoga for Youth' program at Malla Reddy Institute of Engineering and Technology (MRIET) was conducted on the 23rd of June, 2022. Almost 250 students participated in this program. With the Samskruti Foundation representatives, Sri Murali Krishna & Sri E Ramesh present there, the chief guest, Sri Vilas Penurkar, associated with the Bharatiya Yog Sansthan graced the event with his presence.

Retired as a Development officer from LIC of India, Sri Vilas Penurkar is associated with the Bhartiya Yog Sansthan HO: Delhi. It is an organization working for the upliftment of Yoga in our country and also in foreign countries. He has 23 yrs. of experience in Yoga as a Sadhak and 20 yrs of experience as a Yoga teacher. He practices Yoga and implements it in his day-to-day life.

The session had begun after the collective chant of 'Om' for around two minutes.

By chanting Om for two to five minutes each day, one can stabilize their mind, increase their ability to focus, and solve health-related issues. Yoga, or Yog, is actually a science. Yoga is more than Aasan, Pranayama, and Dhyana according to the original

narrative of Bharatiya Yoga Samstan. There are 4000 Bharateeya Yoga Samstan branches in India and 500 in other nations.

Studying is the best done in the morning. By doing Yoga every day, we can regulate our emotions. 3 hours of sleep equals 1 hour of Dhyana. Students interacted with Vilas and Murali Krishna regarding the practical ways of implementing Yoga in their daily life. Following the primary guest's insightful presentation, students received feedback forms for the session evaluation. The principal felicitated the Guest of Honor. The session was concluded by Ramesh's Shanti Mantra.



## ABHYASA VARGHA

Abhyasa Varga was a two-day workshop conducted from 11th-12th June and organized at Tulip Gardens, Raviryala Village, and Hyderabad. It was conducted to review thoroughly the activities of last year, plan for the next year, and also have thorough discussions on the approach and methodology to spread goodwill among the people. Identify strengths, weaknesses, and lacunae if any. The meeting began at 09:30 on the 11<sup>th</sup> of June, 2022, and ended at 16:00 on the 12<sup>th</sup> of June, 2022. Around 45 people, who were closely

associated with Samskruti Foundation including the top functionaries, attended this annual meeting.

### Objectives of Abhyasa Varga:

- To spread the Vision & Mission of Samskruti Foundation.
- To absorb the Samskruti Foundation's vision and mission.
- To be informed of Karyakartha's activities and responsibilities. SF activities will be planned to be divided into Zonal activities.
- To assess Samskruti Adhyayana Kendra.



- To discover more information about Samskruti Foundation to talk about SF's current and upcoming activities.
- To analyze the Samkruti Foundation's issues.
- To come up with ideas for fixing the problems mentioned.
- To gather recommendations from guests on how to expand the activities of SF.
- To formulate strategies for Samskruti Foundation's organized development

## Day 1

In the **first session**, the dignitaries on the Dias made various points related to the development, the target audience, CLCs and their functioning, Samskruti Adhyayana Kendra (SAK), and its role in the vision and mission of SF.

The **second session** was hosted by **Dr WG Prasanna Prasanna Kumar**, regarding the practices that need to be adopted by the Cultural Leadership Centers (CLCs), and steps to take CLCs forward. A few valuable points related to the amendments to be made to the working structure of SF were also mentioned during this session.

The **third session** was intended for all the activities and program heads. Every representative shared their respective progress made, and the challenges faced by them. The following are the programs and their respective heads:

1. **Samvad**- Sri Gudla Natraj
2. **Tejaswini** - Smt N Naga Prashanthi
3. **Raksha Bandhan** for soldiers -Lt Col P Neerada Krishna
4. **Yoga for Youth and Vivek band** - Dr. Vivek Modi
5. **Samskruti talks** - Sri Udutha Venu Gopal
6. **Samskruti Adhyayana Kendra** - Dr U.M. Chaudhari

The **fourth session** was conducted for all the functional heads to update and brief the yearly plan.

**Fifth session:** In this evening activity, all the members and guests were given an outdoor fun activity for recreation and interaction with each other.

**Activity Brief:** The members were divided into 6 teams and each team was given a state and asked to choose a cultural center like a temple or a traditional architectural asset that depicts the culture and history of the state and then create a model of the cultural center chosen and to explain briefly about it. This session was interactive and informative.

The states given were:

1. Kerala- Kaladi Adi Shankaracharya
2. Telangana - Warangal Thoranam
3. Andhra Pradesh- Amaravathi
4. Assam- Kamakhya Temple
5. Jammu and Kashmir- Amarnath Temple
6. Gujarat- Somanath Temple



**Session 6** was an interesting session hosted by Prof H Hemnath Rao. It was a bouddhik and charcha. This session discussed the cultural context of SF's work.



## DAY 2

**Session 1:** Dr.C Uma Maheswara Rao Chairman, Samskruti Foundation kick started the day by sharing his few life stories. He has derived great lessons from his experiences and inspired all the Karyakartha's.

**Session 2** was a breakout session divided into 2 teams: **Samskruti Adhyayan Kendra** - Charcha & Brainstorming over future planning (all senior members were present in this team)

Key points covered in the discussion on SAK activities

The rough plan of activities to be conducted was presented. It included enhancing a number of participating experts, to work in a SAK in three groups according to their passion. The three groups were: Cultural Heritage Group, Public Policy Group and Public Policy Practitioner's group.

Two projects were taken up to start with. They were - Work on Water Policy, and Work on Food Policy.

Identification of the working teams includes members from the three Groups, i.e., Cultural heritage Group, Public Policy Group, and Public Policy, and the Practitioner group in the final stages.

Salient points of Water and Food policy studies to be taken were discussed.

The Chairman, Dr. Umamaheswara Rao said that the outcome of the project should be a set of 10-

12 different papers containing different aspects and proposed recommendations. In this way, even if a few points do not get through, the rest would. Creation of a Library for SAK was suggested.

Team 2 - This was divided into 5 zonal teams to discuss the plan to nurture respective Cultural Leadership Centres.

**Session 3** was a breakout session, divided into 3 teams. Social Media Team, Office Team & All seniors along with the guests - Free discussion

**Session-4:** Feedback from the participants.

*"Have zone-wise subcommittee meetings every month and identify more resource persons with the zones for further events and expansion"* said, Sri Balu Nagaraj.

*"Activity is very informative and the hospitality was awesome,"* said, Dr. MV Lakshmi Devi.

*"Overall, Abhyasa Vargha was very well conducted. Some more information on the SAK would have been helpful"* said, Sri Thatipalli Srinivas.

*"Regular activities and programs are required to keep us all active, and they were conducted merrily,"* said, Sri Ashok Rao.

*"Vargas has to be continued to improve the capacities,"* said Dr. P Somanath.

*"Interactive sessions to be conducted subject-wise in the future camps".* Said, Sri MV Subba Rao.





## SAK activities for June

To start with, two projects have been taken up by SAK. They are - Work on culture driven Water Policy, and Work on culture driven Food Policy.

Identification of the working teams included members from the three main groups, i.e., Cultural Heritage Group, Public Policy Group, and Public Policy Practitioners Group is in final stages.

Salient points of Water and Food Policy studies to be taken up for research were deliberated.

The Chairman suggested that the final outcome of the two projects should be a set of 10-12 papers covering different aspects and the proposed recommendations. In this way, even if a few points

are contested, the rest would form sound recommendations that can be put forth.

Chairman further pointed that three issues, that is, Water Policy, Food Policy and Energy Policy are interlinked, and hence along with work on Food and Water policies, work on Energy Policy should also be taken up. SAK working group promised to take up work on Energy policy also as soon as the resource personnel get identified.

Creation of a Library for SAK was also discussed and the necessary preliminary work started.

In the first Hybrid meetings of the working groups on Water and Food Policies, fifteen members participated and discussed the issues involved and the line of approach.

## MoU Updates

On 25th June, Samskruti Foundation inked an MOU with **Sri Sarada Nikethan College for Women, Karur District, and Tamil Nadu** to establish Cultural Leadership Center at their college campus.

**Y Neelakanta Priya**, Secretary and faculty from and **Sri Sarada Nikethan College for Women** and **Dr Uday Chaudari**, Samskruti Foundation, participated in the process of signing the MoU.



**“Don’t look back -forward infinite energy, infinite enthusiasm, infinite daring, and infinite patience – then alone can great deeds be accomplished.”**

**- Swami Vivekananda**



## From the Chairman's Desk



**Dr. C. Umamaheswara Rao**  
IAS (Retd.)

*This season has been quite sunny yet with breezy drizzles, just like how Samskruti Foundation focused on the challenges, the progress to be made as an organisation along with the raining recreational and interactive activities. This year's Yoga Day had a great significance. The theme of the Yoga Day for this year was- Yoga and Humanity. This message was tried to be inculcated in the students from various academic backgrounds. Students were made aware of the greatness of Yogic traditions and the perks of practicing them daily. The students were shown the real practitioners of Yoga, to make them visualise the physical, mental, and emotional stability they would gain if they practiced the Art of Yoga. Samskruti Foundation has tried to shape as many Young Yogis as possible, in this journey.*

*This year's Annual Meeting held at Tulip Gardens was a much-needed session to be conducted. It is guaranteed to give hope for future development and has torched on the challenges to be ready for in this process. This meeting was recreational for all the closely associated people with Samskruti Foundation. It had brought priceless bonds and interactions among the participants of the session.*

*This month has been productive and recreational for Samskruti Foundation. Hoping Samskruti Foundation continues to plough the fertile future of the country and directs the growth of the Youth in the right direction, we as a collective entity shall strive to reach out to as many young leaders as possible.*

### ***Samskruti Foundation***

Samskruti Foundation is a registered trust consisting of prominent and accomplished senior civil servants, professionals and corporate citizens. It is constituted under section 4 of Indian Trust Act 1882 with registration no. 000124/2009. It has been striving towards promoting Nation Building activities among the youth of the society in Telangana and across India.

**Our Vision** –To be National Resource Center for Culture

**Our Mission**–To preserve, protect and encourage practice of the Bharateeya Culture and Ethos through research, education, training and Dialogue

Address: 3-5-1090/G, Metro Pillar No: B1158, Narayanaguda, Hyderabad, Telangana - 500029

Edited, Printed and Published by Sri T Rambabu, Co-convenor

Editorial Team-Sri G Natraj, Dr. Vivek Modi, B Annapurna