



## SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA

(Sponsored by the Exhibition Society), Tarnaka, Secunderabad

Affiliated to Osmania University, Approved by AICTE & PCI

ISO 9001: 2015 Certified Institution, NBA Accredited B. Pharmacy Course



## SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA

College for Women Tarnaka, Secunderabad.

(Sponsored by the Exhibition Society,

Affiliated to Osmania University, Approved by PCI

ISO : 9001:2015 Certified Institution

NBA Accredited B.Pharmacy Course

Ref.: SNVPMV/

Date : 18/June/25

### CIRCULAR

We are delighted to inform you that the NSS Unit – I of our college is organizing a event to celebrate International Yoga Day-2025

**Theme: Yoga for one earth, one health**

**Date: June 21, 2025(Saturday)**

**Time: 10:00 AM onwards**

**Venue: College Yoga Center**

The session will include guided yoga practice, breathing exercises, and a brief talk on the importance of yoga in daily life. Participants are guided by a yoga practitioner.

All students and staff members are encouraged to participate actively and make the event a grand success.

(Dr. T. Mamatha)  
Principal

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## **SAROJINI NAIDU VANITHA PHARMACY MAHA VIDYALAYA**

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### **NATIONAL SERVICE SCHEME UNIT-SNVPMV**

#### **Report on International Yoga Day Celebration**

Date: June 21, 2025

Time: 9:30 AM

Venue: Yoga Centre, Sarojini Naidu Vanitha Pharmacy Maha Vidyalaya

#### **Agenda:**

The objective of the event was to celebrate International Yoga Day and promote the theme 'Yoga for One Earth, One Health' by raising awareness on the benefits of yoga for physical and mental well-being.

The program aimed to:

- Highlight the role of yoga in promoting holistic health.
- Encourage students and faculty to adopt yoga as a daily practice.
- Emphasize the importance of mind-body balance and natural well-being.

#### **Proceedings:**

##### **Opening Ceremony:**

The event began with a warm welcome speech by Neha and Sai Malavya, Pharm.D 4th-year students, who expressed their gratitude to the dignitaries, students, and faculty for their presence. They provided a brief yet thoughtful introduction to the significance of yoga as a timeless practice that aligns the body, mind, and spirit.

##### **Inviting Dignitaries on to the stage:**

- Dr.T. Mamatha, Principal, SNVPMV
- Dr.B. Harika, Vice principal, SNVPMV
- Smt. Sandhya Deepala, Treasurer
- Mr. Surendar, physical director
- Mr. D. Suresh, NSS Programme coordinator
- Dr. M. Singa Rao, Chief Guest – Distinguished academician and yoga practitioner

##### **Welcome Address:**

- The event commenced with a warm welcome extended by Chandana Kandela, NSS Chairperson, who offered eco-friendly greetings to the Chief Guest, Dr. M. Singa Rao, as a gesture of respect and sustainability.

- Following this, the formal welcoming address was delivered by T. Mamatha, Principal of SNVPMV. In her address, she emphasized the importance of yoga as a holistic practice that nurtures physical, mental, and spiritual well-being. She encouraged students to make yoga a part of their daily lives to maintain overall health and inner balance.

Subsequent addresses were delivered by:

- Dr. B. Haarika, Vice Principal
- Smt. Sandhya Deepala, Treasurer
- Mr. Surendar Physical Director

Each speaker reflected on the theme “Yoga for One Earth, One Health”, reinforcing the importance of yoga not just as a physical activity, but as a lifestyle promoting inner peace, health, and environmental harmony.

#### **Yoga Session:**

Dr. M. Singa Rao conducted an informative and engaging yoga session that included a variety of asanas, breathing techniques, and mindfulness exercises. Students and faculty actively participated, making the session impactful and energizing.

#### **Vote of Thanks:**

The event concluded with a vote of thanks by Mr. D. Suresh, Program Coordinator, who appreciated the dignitaries, chief guest, organizers, and students for their enthusiastic participation and support. Special thanks were extended to all the volunteers and coordinators whose dedication, planning, and teamwork ensured the smooth execution of the International Yoga Day celebration.

#### **Group Photograph:**

A group photograph was taken featuring the student volunteers and the behind-the-scenes faculty who played a crucial role in organizing the event. The photo served as a token of gratitude and a way to commemorate the collective spirit and hard work that led to the event's success.

#### **Conclusion:**

The celebration of International Yoga Day by NSS Unit-1 successfully brought attention to the global theme 'Yoga for One Earth, One Health.' The event inspired all participants to integrate yoga into their daily lives and contributed to a culture of health, harmony, and well-being.

**Adjournment: The program ended at**

**Prepared by**

**Etaboina Laxmi, Pharm.D 4th Year**

**Program Officer**

**Mr. D. Suresh**









S.NO	NAME	COURSE & YEAR	SIGNATURE
1	B. Sushmita	B-pharmacy 1st yr	Sushmita
2	C. Akshitha	B pharmacy 1st year	Akshitha
3	P. Lakshitha Reddy	B Pharm 1st yr	Lakshitha
4	Nandita Ayanagar	B pharm 1st yr	Nandita
5	S. Shwani	B pharmacy 1st yr	Shwani
6	M. Sri Vidya	B. Pharm 1st yr	Sri Vidya
7	B. Tejaswini	B pharmacy 1st yr	Tejaswini
8	B. Hindurani	B pharmacy 1st yr	B. Hindurani
9	P. Thiruvani	B pharmacy 1st yr	P. Thiruvani
10	Makaya	Pharm D 4th yr	Makaya
11	Ncha	Pharm D 4th yr	Ncha
12	Chandana	Pharm D 4th yr	Chandana
13	Shrestha	Pharm D 4th yr	Shrestha
14	Pavani	Pharm D 4th yr	Pavani
15	Lakshmi	Pharm D 4th yr	Lakshmi
16	Seetha	Pharm D 4th yr	Seetha
17	Shwani	Pharm D 3rd yr	Shwani
18	Mythri	Pharm D 3rd yr	Mythri
19	Nisha	Pharm D 3rd yr	Nisha



S.NO	NAME	COURSE & YEAR	SIGNATURE
20	Kanya	Pharm D 3 <sup>rd</sup> yr	Kanya
21	Vaishnavi	Pharm D 3 <sup>rd</sup> yr	Vaishnavi
22	Komal	Pharm D 3 <sup>rd</sup> yr	Komal
23	A. Sai. Preethi	B. pharm 1 <sup>st</sup> yr	A. Sai Preethi
24	C. Vedhya Sri	B. pharm 1 <sup>st</sup> yr	Vedhya Sri
25	K. Durga	B. pharm 1 <sup>st</sup> yr	K. Durga
26	G. Aishwarya	B. pharm 1 <sup>st</sup> yr.	G. Aishwarya
27	S. Madhuri	B. pharm 1 <sup>st</sup> yr	S. Madhuri
28	Saahithya & Indhu	B. pharm 1 <sup>st</sup> yr	Saahithya
29	Jyothsna Priya	B. Pharm 1 <sup>st</sup> yr	Jyothsna
30	Akshaya . D	B. pharm 1 <sup>st</sup> yr	Akshaya
31	Vaishnavi	B. pharm 1 <sup>st</sup> yr	Vaishnavi
32	G. Rishika.	B. pharm 1 <sup>st</sup> yr	Rishika
33	G. Bhavani	B. pharm 1 <sup>st</sup> yr	G. Bhavani
34	Nandini	B. Pharm 1 <sup>st</sup> year	Nandini
35	Lakshmi	B. Pharm 1 <sup>st</sup> year	Lakshmi
36	D. Divya	B. pharm 1 <sup>st</sup> year	D. Divya
37	K. Chaitra	Pharm D 1 <sup>st</sup> year	K. Chaitra
38	U. shivani	Pharm D 1 <sup>st</sup> year	U. shivani

S.NO	NAME	COURSE & YEAR	SIGNATURE
39.	T. Rohitha	Pharm D 1 <sup>st</sup> year	T. Rohitha.
40.	L. Anaga laxmi	Pharm 1 <sup>st</sup> year	Anaga Laxmi
41.	B. Sneha	Pharm D 1 <sup>st</sup> year	B. Sneha.
42.	M. Deepika	B-pharm 1 <sup>st</sup> year	Deepika
43.	CH. Spandana	B-pharm 1 <sup>st</sup> year	Spandana
44.	P. Maheshwari	B-Pharm 1 <sup>st</sup> year	Maheshwari
45.	M. Tejaswini	B-pharm 1 <sup>st</sup> year	Tejaswini
46.	S. Sirena	B. Pharm 1 <sup>st</sup> year	Sirena
47.	N. Vaishnavi	Pharm D 2 <sup>nd</sup> year	Vaishnavi
48.	K. Varshika	"	Varshika
49.	K. Nandhini	"	Nandhini
50.	M. Navya	"	Navya
51.	Veda	"	Veda
52.	Madhavi	"	Madhavi
53.	V. Srinidhi	"	Srinidhi
54.	Varshitha	"	Varshitha
55.	Pooja	"	Pooja
56.	Deekshitha	"	Deekshitha
57.	Maheshwari	"	Maheshwari



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