



## 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



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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

H.No. 12-5-31 & 32, Vijayapuri Colony, Tarnaka, Secunderabad - 500 017. Telangana, INDIA.

Phone : 040-27002221, Mobile : 92480 77972

e-mail : principal@snvpharmacycollege.com www.snvpharmacycollege.com

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:**

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

#### **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:

- Ms. B. Haarika, Vice Principal
- Smt. Sandhya Deepala, Treasurer
- Mr. Surendar, Faculty Member

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.

**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 event ended on a happy note. Everyone enjoyed the yoga session and understood its importance for a healthy life. The NSS team thanked all the guests, students, and staff for their support and participation.



Dr. T. Mamatha addressing the with an enlightening talk on the importance of yoga.



Dr. M. Singa rao, chief guest, performing yoga asanas.



Students and management actively participating in yoga.



Students actively participating in yoga by performing various asanas.





Guest being felicitated as a token of respect and gratitude.

| S.NO | NAME              | COURSE & YEAR     | SIGNATURE    |
|------|-------------------|-------------------|--------------|
| 1    | B. Sushmita       | B-pharmacy 1st yr | Sushmita     |
| 2    | C. Akshitha       | B-pharm 1st year  | Akshitha     |
| 3    | P. Likhitha Reddy | B Pharm 1st yr    | Likhitha     |
| 4    | Nandita Ayanar    | B pharm 1st yr    | Nandita      |
| 5    | S. Shwani         | B pharm 1st yr    | Shwani       |
| 6    | M. Sri Vidya      | B. Pharm 1st yr   | Sri Vidya    |
| 7    | B. Tejaswini      | B pharm 1st yr    | Tejaswini    |
| 8    | B. Hindu Sri      | Bpharm 1st yr     | B-Hindu Sri  |
| 9    | P. Thirivani      | Bpharm 1st yr     | P. Thirivani |
| 10   | Malaya            | Pharm D 4th yr    | Malaya       |
| 11   | Neha              | Pharm D 4th yr    | Neha         |
| 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    | Shout          |
| 22   | Komal             | Pharm D 2 <sup>nd</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 | Bpharm 1 <sup>st</sup> year   | Anaghalaxmi |
| 41.  | B. Sneha       | Pharm D 1 <sup>st</sup> year  | B. Sneha.   |
| 42.  | M. Deepika     | Bpharm 1 <sup>st</sup> year   | Deepika     |
| 43.  | CH. Spandana   | Bpharm 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. Varshini    | Pharm D 2 <sup>nd</sup> year  | Varshini.   |
| 48.  | K. Varshika    | "                             | Varshika    |
| 49.  | K. Sandhini    | "                             | Sandhini    |
| 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  |

[illegible]