

BHAVAN'S VIVEKANANDA YOGA CENTRE

Name of the event:BVYC ValedictoryProgramme

Venue: 71 Biochemistry block

Date:15/03/24

Report on Valedictory

Bhavan's Vivekananda Yoga Centre (BVYC) conducted its **Valedictory Program** on **15th March 2024** in **Room No. 71, Biochemistry Block** of Bhavan's Vivekananda College. The event was organized under the guidance of **Dr. Y. Suresh**, Assistant Professor in Sanskrit and Faculty Coordinator of BVYC, whose dedicated efforts played a central role in the success of the program.

The session commenced with a traditional **Vinayaka and Saraswati Pooja**, in which **Principal Dr. G.V.S.R.K. Chowdary** actively participated. The pooja set a spiritual tone, aligning with the values promoted by the yoga club. Event started with a presentation on the **annual report** which was presented by coordinator Dr.Y. Suresh summarizing the center's activities, workshops and achievements over the year. The principal appreciated their clear and enthusiastic presentation along with their involvement

This was followed by a **yoga performance** by Yoga Centre members, who performed **enhanced asanas** through disciplined formations. The principal commended their skills and encouraged more students to join BVYC to enhance their personal well-being. Their discipline and energy were well received by the audience and were especially appreciated in the principal's address. **Language department faculty members** were present and contributed to the event's decorum and encouragement of student participation

The program concluded with the distribution of certificates to 28 students who completed **30 hours of training in Traditional Kriya Yoga**. Certificates were awarded by the Principal, who congratulated the students for their dedication.

The event was a meaningful celebration of yoga, student effort, and holistic growth, made possible through the committed guidance of **Dr. Y. Suresh Sir**. **The programme concluded with Vote of thanks and ShanthiPrarthana**







37th DISTRICT LEVEL YOGASANA CHAMPIONSHIPS of Hyderabad & Rangareddy 7th Medchal District Yogasana Championship 2023-24



Proud Moment for Bhavans Vivekananda College, Sainikpuri. As, one of our Student **Madasu Vasant** of BBA 1A member of '**Bhavans Vivekananda Yoga Centre**', Participated in '37th Hyderabad, Ranga Reddy District Level Yogasana Championships & 7th Medical District Yogasana Championships 2023-24' organised by Telangana Yoga Association held at Karnataka Sahitya Mandir, Kachiguda on Saturday 28th October, 2023. With his excellent performance he has Secured 1st Place from Medchal District.

MBA Induction Programme(2023-2024)

Bhavans Vivekananda Yoga Centre in Collaboration with Department of Management of Studies has taken initiative to conduct Yoga Session as part of MBA Induction Programme for the 22nd batch of MBA students (2023-25) from 11-10-2023 to 18-10-2023. The session was conducted by Dr. Y. Suresh, Coordinator of Bhavans Vivekananda Yoga Centre, Assistant Professor in Sanskrit, Department of Languages for the MBA students. The session was conducted near Vivek Bharathi stage for 1½ hours. Around 80 students had participated in the session and had a good experience.



DistrictEco-SDGChampionship2023

YOGATHONFORYOUNGSTERS,PERFORMING25SETSOFSURYA NAMASKARAS'

13thSeptember,2023

The District Eco-SDG Championships 2023 recentlywitnessed a remarkable event, the “YogathonforYoungsters,”hostedatBhavansVivekanandaCollege,SainkpuriatVivek BharatiStageorganisedbyBhavansVivekanandaYogaCentre.Thehighlightofthemorning was the enthusiastic participation of students engaging in 25 sets of ‘**Surya Namaskaras**’. The event, aligned with Sustainable Development Goals, aimed to promote physical and mentalwell-beingamongthe youth.Theatmospherewaschargedwithpositiveenergyas students showcased their flexibility, strength, and commitment to a healthy lifestyle.

NameoftheEvent:DistrictEco-SDGChampionship2023Yogathon Date of
the event: 13th September, 2023

TotalNumberofStudents:105 Venue:

Vivek Bharati

FacultyCoordinator:Dr.Y.Suresh,CoordinatorofBhavansVivekanandaYogaCentre, Assistant
Professor in Sanskrit, Department of Languages

Duration ofActivity: 1 Day, Morning 8:30AM to 9:30AM

Participations:BVYC,NCC,NSS,BSGandYRCStudentsParticipated

StudentSelfHelpClubMembersNames:StudentCoordinator:YSharath,Student Coordinator: K
Sai Jahnavi



BHAVAN'S VIVEKANANDA COLLEGE
of Science, Humanities & Commerce
Sainikpuri, Secunderabad - 500094
Autonomous College - Affiliated to Osmania University
Re-Accredited with A grade by NAAC.

"समत्वं योग उच्यते"

**BHAVAN'S
VIVEKANANDA YOGA CENTRE**

**IN COORDINATION WITH THE NCC, NSS, YRC AND BSG
CLUBS OF THE COLLEGE IS ORGANIZING A YOGATHON FOR
YOUNGSTERS, PERFORMING 25 SETS OF 'SURYA
NAMASKAARS'.**

**Date: 13/09/2023
Time: 8:30am-9:30am
Venue: V.B Stage**

Coordinator(BVYC)
Dr.Y.Suresh
(Assistant Prof. in Sanskrit)



Google

GPS Map Camera

Secunderabad, Telangana, India

692, New Kranthi Nagar, Sainikpuri, Secunderabad, Telangana 500094, India

Lat 17.488773°

Long 78.534098°

13/09/23 09:23 AM GMT +05:30

TelanganaYogaAssociation

Received Appreciation and Memento from Telangana Yoga Association for participating in this competition along with our Bhavans Vivekananda Yoga Centre students

Namaste,

Kudos to you all the HDYA, RRDYA & MDYA Members, Officials & Volunteers for Successfully Organised 37th Greater Hyderabad Inter School and College Yogasana Competitions. I know it required substantial effort, time, dedication, and perseverance, but you guys finally made it. Congratulations to Bhavans Vivekananda Yoga Centre for this momentous occasion and may your journey ahead continue to be marked by such extraordinary triumphs and we also

Thank you to all the Schools and Colleges for your enthusiastic participation! We couldn't have had such a fantastic time without you. All the best for Upcoming District, state level Championships

Regards

TelanganaYogaAssociation

Affiliated to Indian Yoga Federation






TelanganaYogaAssociation

(QualifiedYogaJudge)


The Telangana Yoga Association has conducted Judges /Referee Examination on 2 September, 2023 at Dilsuknagar Public School, Karmanghat. For which Dr. Y. Suresh, Coordinator of Bhavans Vivekananda Yoga Centre, Assistant Professor in Sanskrit, Department of Languages, Bhavans Vivekananda College, Sainikpuri has appeared for the exam and successfully qualified the exam with 71% and has been placed under 'C' Category. Further, Received the Certificate on 28th October 2023 at Karnataka Sahitya Mandir, Kacheguda.




TELANGANA YOGA ASSOCIATION

Affiliated to : Indian Yoga Federation, Recognized by : Olympic Association of Telangana and Sport Authority of Telangana State

TECHNICAL COMMITTEE & REFEREES BOARD



Certificate




This is to Certify that Dr. Y. Suresh.

of Medchal has Appeared in the Judges / Referee Examination Conducted


by TC/RB of Telangana Yoga Association on 02-09-2023 and Passed the exam with 71%

and placed under 'C' Category.


Seal :




Date : 28-10-23



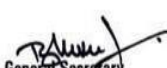
President
TYA



Chairman
TC/RB, TYA



Convenor
TC/RB, TYA



General Secretary
TYA



37th Greater Hyderabad, Inter School & College Yogasana Competitions



Proud Moment for Bhavans Vivekananda College, Sainikpuri. As, one of our Student **Madasu Vasant** of BBA 1A member of '**Bhavans Vivekananda Yoga Centre**', Participated in *37th Greater Hyderabad, Inter School & College Yogasana Competitions held at Dilsuknagar Public School, Karmanghat Branch, Hyderabad on Saturday 2nd September, 2023. With his excellent performance he has Secured 3rd Prize in Inter College Competition.

BhavansVivekanandaYogaCenter Activity on Yoga

10th July, 2023

Bhavans Vivekananda Yoga Centre in Collaboration with Department of Biochemistry & Nutrition has organized an Activity on Yoga on 10th July, 2023. The activity was conducted for B.Sc. Physical Sciences students under GE Nutrition & Health as a part of their curriculum. Dr. Y.Suresh, Coordinator of Bhavans Vivekananda Yoga Centre, Assistant Professor in Sanskrit, Department of Languages, has addressed the students regarding the inception and importance of yoga. He has also performed and taught few yoga asanas to the students. Overall, 40 students had participated in the activity and had a good practical experience of yoga.



Introduction on significance of yoga by Dr. Y. Suresh



Bhujangasana, apart of suryanamaskar