

Memorandum of Understanding

This Memorandum of Understanding is entered into as of 04 day of 03 (Month) 2019 (Year) by and between:

SAMSKRUTI FOUNDATION, a registered Trust under section 4 of Indian Trust Act 1882 with a registration No. 000124/2009, having its office at # -5-1090/G, Metro Pillar No. B1158, Narayanguda, Hyderabad, 500029, represented by its authorized signatory. (hereinafter referred to as "Samskruti Foundation" which expression shall, unless repugnant to the context or meaning thereof be deemed to include its successors in interest, liquidators and permitted assigns) as the party of the **First Party**;

And

Aurora's PG College (MCA), Uppal and represented by Prof. Srikanth Jatla.

(hereinafter referred to as "Aurora" which expression shall, unless repugnant to the context or meaning thereof be deemed to include its successors in interest, liquidators and permitted assigns) as the party of the **Second Party**;

Samskruti Foundation is a registered trust consisting of prominent and accomplished senior civil servants, professionals and corporate citizens. It has been striving towards promoting Nation Building activities among the youth of the society in Telangana and across India.

This MoU aims to cultivate young leaders who will preserve, protect, and promote the practice of Bharatiya Culture and Ethos through research, education, training, and dialogue.

Through this MOU, Samskruti Foundation intends to establish and support a Cultural Leadership Center on the college premises. **The Cultural Leadership Center, involving faculty and students of the college, will receive mentoring support from SAMSKRUTI FOUNDATION for leadership roles.** The college would reserve space to house books and materials related to Bharatiya culture for student access in the libraries under the name 'Samskruti Corner'. The concept paper of the Cultural Leadership Center defined in Annexure 1.

1. The Cultural Leadership Center will be expected to conduct all the following activities.

- a. **Vivek Band (annual):** A campaign promoting leadership through Be Good-Do Good activities useful and relevant to the community during January, which happens to be the month in which Sri Swami Vivekananda and Sri Subhash Chandra Bose were born.
- b. **Samskruti Samvad (ongoing):** An activity which focuses on student personality development through debates, discussions, and lectures on topics relevant to the Bhartiya cultural value system that has relevance to them.

- c. **Rakhi for soldiers (annual):** To connect students with our armed forces by celebrating Raksha bandhan with them in person and by reaching out to the remote border areas through rakhies, nurturing a sense of duty towards the nation.
- d. **Yoga for youth (annual):** Helps students explore overall wellbeing by promoting Yoga for healthy physical and psychological growth.
- e. **National Science Day (annual):** Conducts study tours for students to various national and academic institutions as part of its commitment to the Scientific Temper among students and motivates them to contribute towards technologies for a sustainable future.
- f. **Tejaswini(ongoing):** Prominent women of the society are united to address social challenges by providing solutions, deeply rooted in the Bharatiya Culture.

2. Expectations from Aurora/ Second Party:

- a. To assign a faculty who will be responsible to oversee and run the Cultural Leadership Center. This center will have 5 students who have demonstrated leadership qualities and function as a committee. The Faculty member will be the convener of this committee who will oversee the functioning of the committee and guide them from time to time. The faculty member is expected to be in this responsibility for a period of at least 3 years.
- b. Committee shall identify students, at least 50 members, those who are interested to participate in various activities by the centers and also drawn from all the branches. For the continuation of center, it is desirable to identify the students not only from all the branches but also from all the years of studying (such as 1st year, 2nd year etc.,)
- c. Coordinate with Samskruti Foundation to implement all the activities mentioned in 1 above.
- d. Ensure participation of all students in the above mentioned said activities by providing the necessary infrastructure and facilities.
- e. The Management shall organize the above activities by incurring the expenditure required from their own sources.

3. Expectations from Samskruti Foundation/ First Party:

- a. Design and provide implementation plans for all Cultural Leadership Center activities conducted in the college annually.
- b. Communicate with the college on opportunities that are relevant to the Cultural Leadership Center.
- c. Coordinate with the college for successful conduct of Cultural Leadership Center activities with the involvement of prominent resource persons.

- d. Certify and encourage student leaders and faculty members involved in the Cultural Leadership Centre.
- e. Provide additional training to the identified students from the various colleges in leadership, taking social responsibility, addressing the challenges of the country etc.,
- f. Project the activities of the colleges in Samskruti Foundation website, newsletters and also in various fora.

This Memorandum of Understanding shall remain valid for a period of five years from the date of signing, unless terminated earlier for any valid reasons with a mutual consent.

Samskruti Foundation



Name: Dr. Vivek Modi

Designation: Director –
Cultural Leadership Centre

Aurora PG College, Uppal

Sign



Name: Prof. Srikanth Jatla

Designation: Director



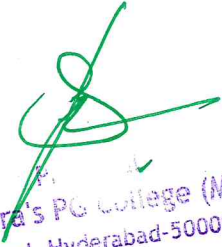
Date:-02-11-2023

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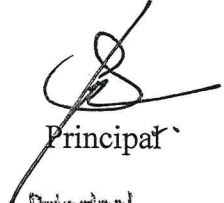
It is hereby informed that our college is conducting a session on Human Values and Meditation for all students of MBA and MCA students by on 08-11-2023. All the students are informed to attend without fail and utilize this opportunity to the fullest.

Copy to:

HOD, MCA
HOD, MBA
Administrative Officer

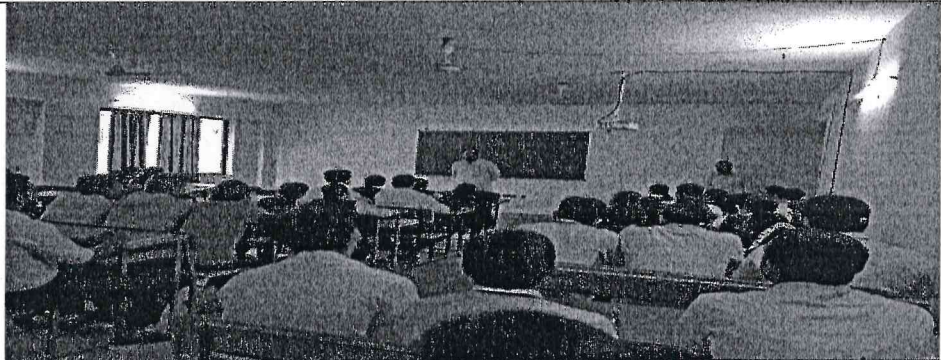


Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal

Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

Name of the Activity	Session on Human Values and Meditation	
Type of Activity	Life skill activity	
Date and Time of Activity	08-11-2023	01:30 PM-03:30 PM
Details of Participants	Students from MBA and MCA , 1 st and 2 nd year	
Organizing Dept /Support System	Aurora's PG College (MCA)	
Details of Resource Persons	Pavan Kumar Thimmaraju, Samskruthi Fondation	
Description	<p>The activity on Human Values and Meditation emphasized cultivating ethical behavior, empathy, and mindfulness through guided meditation practices by Pavan Kumar Thimmaraju in association with Samskruthi Fondation. Participants engaged in discussions and exercises that explored core human values such as compassion, integrity, and respect for others. Meditation sessions focused on developing self-awareness, inner peace, and emotional resilience. Through reflective practices, participants learned to manage stress, enhance mental clarity, and foster positive interpersonal relationships. The program aimed to integrate these values into daily life, encouraging participants to lead with kindness, maintain inner balance, and contribute positively to their communities.</p> <p>The second part of the activity focused on meditation, specifically techniques aimed at enhancing self-awareness and inner peace. Participants were guided through various meditation practices, including mindfulness meditation and loving-kindness meditation, which helped them connect with their inner selves and develop a calm, focused mind. The meditation sessions emphasized the importance of regular practice for managing stress, improving concentration, and fostering emotional resilience.</p> <p>Throughout the activity, participants learned how human values and meditation are interconnected, with the practice of meditation helping to reinforce and embody these values in daily life. By the end of the session, participants reported a greater sense of clarity, peace, and a deeper understanding of how to live in alignment with their core values, contributing positively to their personal growth and community.</p>	
Photos		

Principal
 Aurora's PG College (MCA)
 Uppal, Hyderabad-500092
 Ph.No. 040-27201452 | Email: principal@apgc.ac.in

Principal
 Aurora's PG College (MCA)
 Uppal, Hyderabad-500092


Date :25-08-2023

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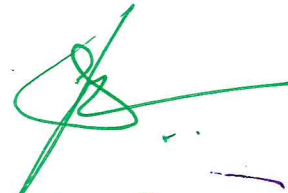
We are delighted to announce a special community service initiative organised in association with Samskrithi Foundation-“Rakhi with Soldiers” on 29-08-2023. This event provides a unique opportunity to express our gratitude and solidarity with our soldiers by celebrating Rakhi with them. We encourage all MBA and MCA students to join us in this heartfelt initiative to honour our soldiers.

Copy To:

HOD- MBA
HOD-MCA




Principal
Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

ACTIVITY REPORT

Name of the Activity	Rakhi with soldiers
Type of Activity	Community Service-Outreach activity
Date and Time of Activity	29.08.2023
Details of Participants	30 MBA & MCA Students Voluntarily participated in the activity
In association with	Samskrithi foundation Hyderabad
Description	<p>On August 29, 2023, a heartwarming community service activity titled "Rakhi with Soldiers" took place, organized in collaboration with the Samskrithi Foundation, Hyderabad.</p> <p>The event brought together MBA and MCA students who volunteered their time and efforts to express their gratitude and support for the soldiers stationed in the region.</p> <p>This initiative aimed to strengthen the bond between the community and the armed forces by celebrating Raksha Bandhan, a festival symbolizing the protective bond between brothers and sisters.</p> <p>The students prepared and tied rakhi, traditional threads, on the soldiers' wrists, offering them a gesture of respect and appreciation for their service.</p> <p>By partnering with the Samskrithi Foundation, the students contributed to fostering a sense of unity and recognition for the efforts of the military personnel.</p>
Photos	

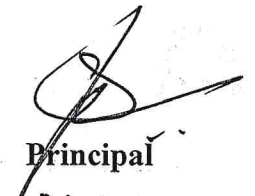
Date: 19/06/2023

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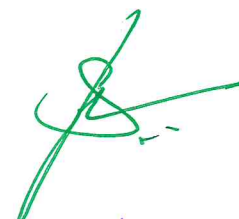
It is here by informed to all the female Students & Staff members that there is a session on the "Impact of Yoga on the work-life balance of working women" at our seminar hall on 21/06/2023 at 2:00 PM.

Looking forward to participate and make the program successful.

Copy To:
Coordinator
HOD (MBA & MCA)




Principal
Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

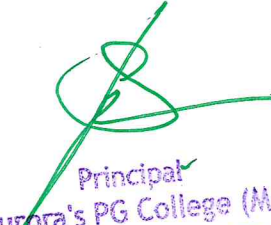
ACTIVITY REPORT

Name of the Activity	Impact of Yoga on Work Life Balance of Working Women	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2023	2.00pm
Details of Participants	Students & staff Members	
In Association With	Samskruthi Foundation	
Coordinator	Mrs.S.Soni	
Description	<p>The Orientation Program on Enhancing Work-Life Balance through Yoga for Working Women, organized by Aurora's PG College (MCA) in collaboration with Samskruthi Foundation, achieved remarkable success. Under the guidance of esteemed Yoga instructor Mrs.S.Soni, the program delivered invaluable insights into the advantages of Yoga and provided practical training in Yoga asanas to a diverse group of approximately 160 students and 18 faculty members. Participants emerged with a deeper comprehension of how Yoga can assist them in harmonizing the demands of their professional and personal lives, thereby enabling them to lead healthier and more balanced lifestyles. The partnership between the MBA and MCA programs and the Women Empowerment Cell underscores the college's steadfast dedication to holistic well-being and gender equality. The program aimed to introduce students and faculty of MBA and MCA programs to the profound impact of Yoga on work-life balance, while also raising awareness about its multifaceted benefits in promoting physical, mental, and emotional well-being. By providing practical training in Yoga asanas, the initiative empowered participants to seamlessly integrate Yoga into their daily routines. As a result of their participation, attendees developed an enhanced understanding of Yoga's role in achieving work-life equilibrium and gained proficiency in Yoga principles and techniques, including hands-on experience with Yoga asanas. Moreover, they gained heightened awareness of the unique challenges faced by working women and how Yoga serves as a potent tool in addressing these challenges. Ultimately, participants were empowered to embrace Yoga as a means to manage stress and cultivate overall well-being in their lives.</p>	
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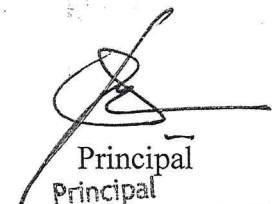
Date:-19-06-2023

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It is hereby informed that our college is conducting a yoga Program for all students of MBA and MCA students on the occasion of International Yoga Day. 21-06-2023. All the students are informed to attend without fail and utilize this opportunity to the fullest.




Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

Copy to:

HOD, MCA
HOD, MBA
Administrative Officer

Name of the Activity	Yoga Program	
Type of Activity	Life Skills – Health Hygiene	
Date and Time of Activity	21-06-2023	10:00 AM-11:00AM
Details of Participants	Students from MBA and MCA , 1 st and 2 nd year	
Organizing Dept /Support System	Sports Club	
Details of Resource Persons	S. Ramesh , Samskruthi Foundation	
Description	<p>Yoga is a holistic practice that offers significant benefits for both mental and physical health. Physically, yoga enhances flexibility, strength, and balance, reducing the risk of injuries and improving overall fitness. It also supports cardiovascular health, aids in weight management, and alleviates chronic pain. Mentally, yoga is known for reducing stress, anxiety, and depression. Through mindfulness, breathing exercises, and meditation, yoga promotes mental clarity, emotional stability, and a sense of calm. Regular practice encourages better sleep, enhances focus, and fosters a deeper connection between mind and body, leading to overall well-being and a more balanced lifestyle</p>	
Photos		

Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

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Aurora's PG College (MCA)
Uppal, Hyderabad-500092

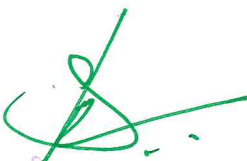
Date: 20/06/2022

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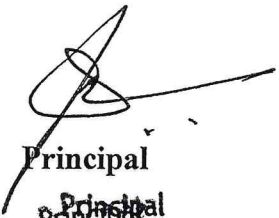
This is inform to all female Students&Staff members that our college is organizing a celebration on the “**The Effect of Yoga on the Work Life Balance of Women in the Work place**” The event will take place at our seminar hall on **21/06/2022 at 12:45 PM.**

Your presence and active participation are crucial for making this event successful.

Copy To:
Coordinator
HOD (MBA & MCA)




Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

ACTIVITY REPORT

Name of the Activity	The Effect of Yoga on the Work Life Balance of Women in the Work	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2022	12:45 PM.
Details of Participants	Students & Staff Members	
In Association With	Samskruthi Foundation	
Coordinator	Mrs.S.Soni	
Description	<p>The Orientation Program on the The Effect of Yoga on the Work Life Balance of Women in the Work, held on June 21, 2022, at Aurora's PG College (MCA) in collaboration with Samskruthi Foundation, left a lasting impression as a resounding success. Guided by the esteemed Yoga instructor Mrs.S.Soni , the program attracted enthusiastic participation from approximately 160 students and 18 faculty members. Throughout the event, attendees were immersed in valuable insights into the myriad benefits of Yoga, coupled with hands-on training in Yoga asana. This practical approach empowered participants with the necessary tools to seamlessly incorporate Yoga into their daily routines, thereby fostering a healthier and more balanced lifestyle. The partnership between the MBA and MCA programs and the Women Empowerment Cell underscored the college's unwavering commitment to holistic wellness and gender equality. Introduce students and faculty to the transformative effects of Yoga on work-life equilibrium, particularly for working women. Raise awareness about Yoga's holistic benefits, encompassing physical, mental, and emotional well-being. Provide practical training in Yoga asana, equipping participants with tangible skills to embrace Yoga as a daily practice. Foster an increased understanding of Yoga's pivotal role in achieving harmony between professional obligations and personal life. Enhance participants' knowledge of Yoga principles and techniques, bolstered by hands-on experience in Yoga asanas.</p>	
Photos		

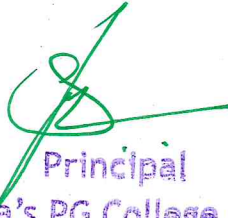
Date:-19-06-2022

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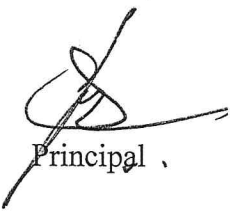
It is hereby informed that our college is conducting a yoga Program for all students of MBA and MCA students on the occasion of International Yoga Day, 21-06-2022, all the students are informed to attend without fail and utilize this opportunity to the fullest.

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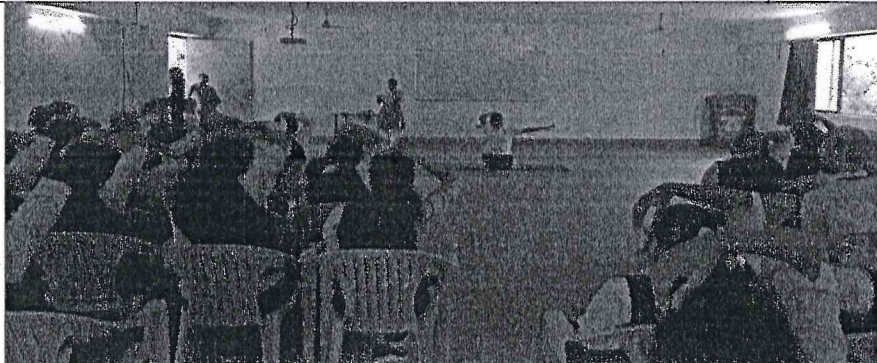
HOD, MCA
HOD, MBA
Administrative Officer

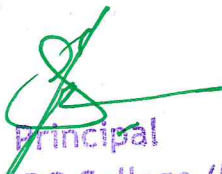


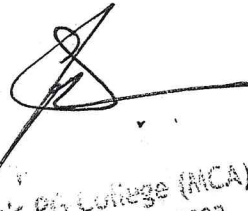
Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

Name of the Activity	Yoga Program	
Type of Activity	Health Awareness activity	
Date and Time of Activity	21-06-2022	10:00AM-11:00AM
Details of Participants	Students from MBA and MCA , 1 st and 2 nd year	
Organizing Dept /Support System	Natures Club	
Details of Resource Persons	S. Ramesh / Samskruthi Foundation	
Description	<p>Yoga is a holistic practice that offers significant benefits for both mental and physical health. Physically, yoga enhances flexibility, strength, and balance, reducing the risk of injuries and improving overall fitness. It also supports cardiovascular health, aids in weight management, and alleviates chronic pain in association with Samskruthi Foundation by S Ramesh. .</p> <p>Mentally, yoga is known for reducing stress, anxiety, and depression. Through mindfulness, breathing exercises, and meditation, yoga promotes mental clarity, emotional stability, and a sense of calm. Regular practice encourages better sleep, enhances focus, and fosters a deeper connection between mind and body, leading to overall well-being and a more balanced lifestyle</p>	
Photos		


 Principal
 Aurora's PG College (MCA)
 Uppal, Hyderabad-500092


 Aurora's PG College (MCA)
 Uppal, Hyderabad-500092

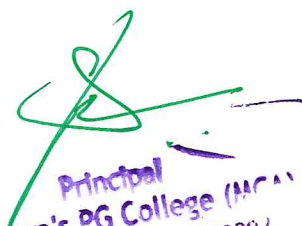
Date :02-06-2021

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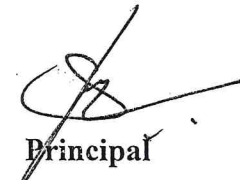
All the Students are here by informed that a “**Community Help**” initiative will take place on 05/06/2021 at Uppal. Request everybody to attend without fail. We look forward to your enthusiastic participation.

Copy To:

HOD- MBA
HOD-MCA

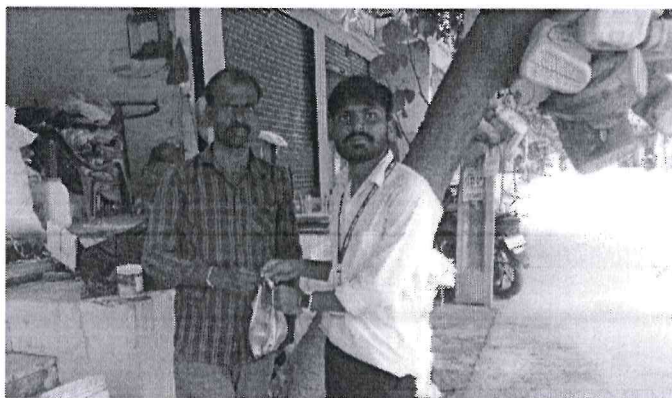


Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

ACTIVITY REPORT

Name of the Activity	Free Food for Community Workers
Type of Activity	Outreach activity
Date and Time of Activity	05.06.2021
Details of Participants	47 MBA & MCA Students Voluntarily participated in the activity
In association with	Samskruthi Foundation Hyderabad
Description	<p>On 05.06.2021, Aurora's PG College(MCA)- Uppal organized a special event to provide free food and fruits to local community helpers, including healthcare workers, first responders, and essential service staff.</p> <p>The event, held at surroundings of the college campus in Uppal region, aimed to recognize and support those who have tirelessly served the community during challenging times. A variety of nutritious food items and fresh fruits were prepared and distributed to these dedicated individuals as a token of appreciation for their hard work and commitment.</p> <p>The distribution was coordinated efficiently with the help of Student volunteers, ensuring that each recipient received a generous and well-balanced package. This initiative not only offered a much-needed boost to the community helpers but also fostered a sense of gratitude and solidarity within the community.</p>
Photos	

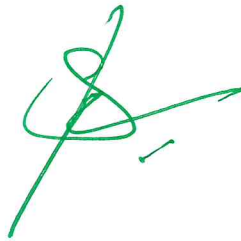
Date: 19/06/2021

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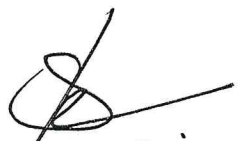
It is here by informed that all the female Students and Staff Members there is a session on **"Yoga impact on Attaining Work Life Balance for Women in the Work Place"** at our seminar hall on **21/06/2021 at 12:45 PM.**

Your presence and active participation are crucial for making this program successful.

Copy To:
Coordinator
HOD (MBA & MCA)




Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

ACTIVITY REPORT

Name of the Activity	Yoga impact on Attaining Work Life Balance for Women in the Work Place	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2021	12:45 PM
Details of Participants	Students & Staff Member	
In Association With	Samskruthi Foundation	
Coordinator	Mrs.S.Soni	
Description	<p>The orientation program on the impact of Yoga on work-life balance for working women, organized by Aurora's PG College (MCA) in collaboration with the Samskruthi Foundation on June 21, 2021, led by renowned Yoga trainer Mrs.S.Soni , proved to be a resounding success. It provided valuable insights into the benefits of Yoga and practical training in Yoga asana to approximately 160 students and 18 faculty members, empowering them to lead healthier, more balanced lifestyles. The collaboration between the MBA and MCA programs and the Women Empowerment Cell underscores the college's commitment to holistic wellness and gender equality introduce students and faculty of MBA and MCA programs to the impact of Yoga on work-life balance for working women.</p> <p>Raise awareness about the benefits of Yoga in promoting physical, mental, and emotional well-being. Provide practical training in Yoga asana to empower participants to incorporate Yoga into their daily routines.Increased understanding among participants about the role of Yoga in achieving work-life balance. Improved knowledge of Yoga principles and techniques, including practical training in Yoga asana.Enhanced awareness of the specific challenges faced by working women and how Yoga can address these challenges. Empowerment of participants to integrate Yoga into their daily lives to manage stress and enhance overall well-being. make a neat sentence.</p>	
Photo		

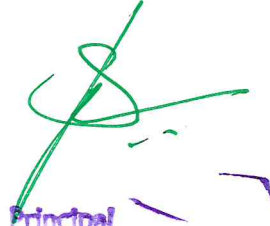
Date :15-12-2020

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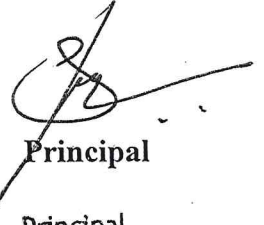
All the Students, Faculty and Staff are here by informed that a **“Donate for poor”** Program will be held on 19/12/2020. Request everybody to attend without fail.

Copy To:

HOD- MBA
HOD-MCA




Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092


ACTIVITY REPORT

Name of the Activity	Donate for poor
Type of Activity	Community Service-Outreach activity
Date and Time of Activity	19.12.2020
In Association with	Samskruthi Foundation
Details of Participants	48 MBA & MCA Students Voluntarily participated in the activity
Description	<p>On 19.12.2020, Aurora's PG College (MBA), Uppal successfully organized a food donation drive, with students contributing supplies to support impoverished families in the local community. This initiative was organized under Samskruthi Foundation aimed to address food insecurity and foster a culture of empathy and community service among students.</p> <p>Our MCA & MBA students participated in the drive, contributing a variety of non-perishable food items, including canned goods, rice, dals, and packaged snacks. The donation drive was held over a two-week period, with collection points set up in common areas across the campus. The volunteers organized a free meal program and served food among the poor and old.</p> <p>The food donation drive demonstrated the college's commitment to social responsibility and community support. Feedback from recipients highlighted the positive impact and expressed gratitude for the students' generosity.</p>
Photos	

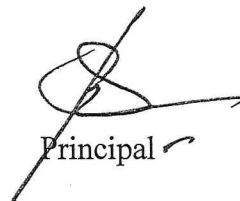
Date:-17-08-2020

CIRCULAR

It is hereby informed that Department of MBA of our college is conducting a Webinar on Nutrition and Healthy Living for all MBA and MCA students on 19/08/2020. All the students are informed to attend without fail and utilize this opportunity to the fullest.



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



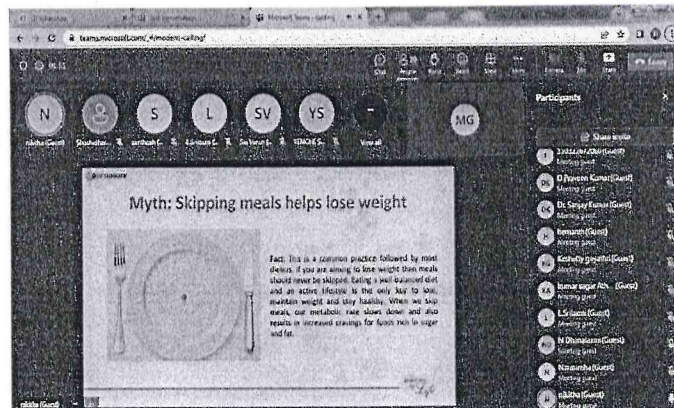
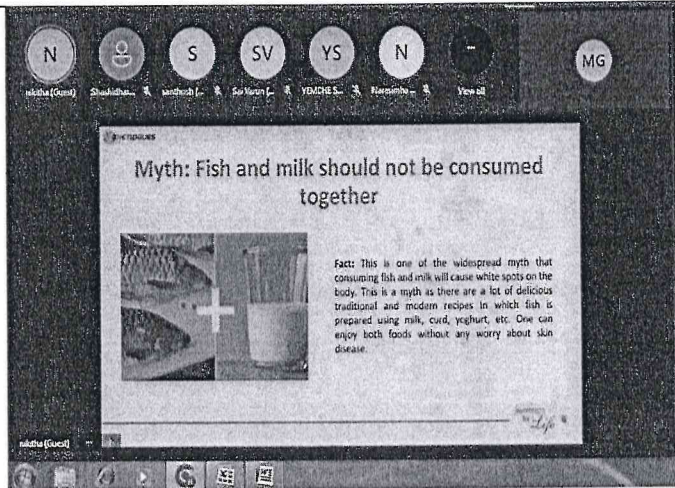
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Aurora's PG College (MCA)
Uppal, Hyderabad-500092

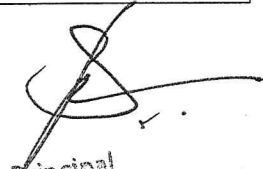
Name of the Activity	Webinar on Nutrition and Healthy Living	
Type of Activity	Life Skills	
Date and Time of Activity	19/08/2020	01:30 PM-04:30 PM
Details of Participants	Students from MBA and MCA	
Organizing Dept /Support System	Aurora's PG College (MCA)	
Details of Resource Persons	P. Naga Raj / Samskruthi Foundation	
Description	<p>On 19/08/2020, a webinar titled "Nutrition and Healthy Living" was conducted, focusing on promoting healthier lifestyles through balanced nutrition in association with Samskruthi Foundation by P. Naga Raj. The session featured experts in the field, including registered dietitians and health coaches, who shared insights on the importance of maintaining a nutritious diet and regular physical activity to improve overall well-being.</p> <p>The webinar covered several key topics, including the benefits of consuming whole foods, managing portion sizes, and understanding essential nutrients like proteins, vitamins, and minerals. The speakers also addressed common dietary misconceptions, the impact of processed foods, and how to create sustainable, healthy eating habits. Additionally, they provided practical tips on meal planning, hydration, and incorporating more fruits and vegetables into daily diets.</p> <p>Attendees were encouraged to ask questions, and a lively Q&A session followed, allowing participants to seek personalized advice on improving their eating habits. The event concluded with a call to action for everyone to adopt small but impactful changes in their daily lives to promote long-term health and prevent chronic illnesses. Overall, the webinar was well-received, providing valuable knowledge and motivation to lead a healthier lifestyle.</p>	

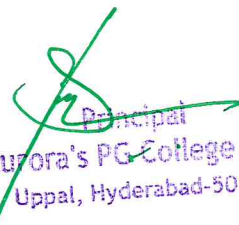
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Principal
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Date: 19/06/2020

CIRCULAR

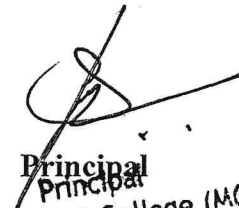
It is here by informed that all the female Students and Staff Members there is a session on **"Yoga on Achieving Work life Balance Among Working Women"** through online (Zoom app) on **21/06/2020 at 12:45 PM.**

Your presence and active participation are crucial for making this program successful.

Copy To:
Coordinator
HOD (MBA & MCA)




Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

ACTIVITY REPORT

Name of the Activity	Yoga impact on Attaining Work Life Balance for Women in the Work Place	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2021	12:45 PM
Details of Participants	Students & Staff Member	
In Association With	Samskruthi Foundation	
Coordinator	Mrs.S.Soni	
Description	<p>The orientation program on the impact of Yoga on work-life balance for working women, organized by Aurora's PG College (MCA) in collaboration with the Samskruthi Foundation on June 21, 2021, led by renowned Yoga trainer Mrs.S.Soni , proved to be a resounding success. It provided valuable insights into the benefits of Yoga and practical training in Yoga asana to approximately 160 students and 18 faculty members, empowering them to lead healthier, more balanced lifestyles. The collaboration between the MBA and MCA programs and the Women Empowerment Cell underscores the college's commitment to holistic wellness and gender equality introduce students and faculty of MBA and MCA programs to the impact of Yoga on work-life balance for working women.</p> <p>Raise awareness about the benefits of Yoga in promoting physical, mental, and emotional well-being. Provide practical training in Yoga asana to empower participants to incorporate Yoga into their daily routines.Increased understanding among participants about the role of Yoga in achieving work-life balance. Improved knowledge of Yoga principles and techniques, including practical training in Yoga asana.Enhanced awareness of the specific challenges faced by working women and how Yoga can address these challenges. Empowerment of participants to integrate Yoga into their daily lives to manage stress and enhance overall well-being. make a neat sentence.</p>	
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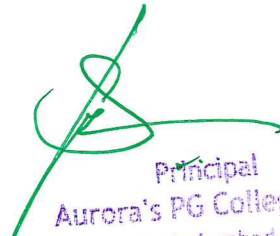
Date:-16-06-2019

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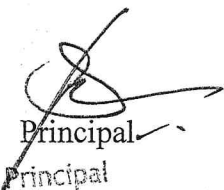
It is hereby informed that our college is conducting a yoga Program for all students of MBA and MCA students on the occasion of International Yoga Day, 20-06-2019, all the students are informed to attend without fail and utilize this opportunity to the fullest.

Copy to:

HOD, MCA
HOD, MBA
Administrative Officer

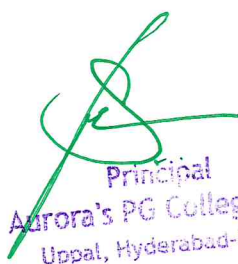


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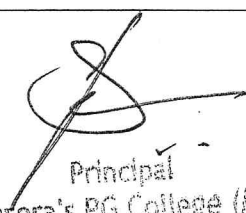


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Name of the Activity	Yoga Program	
Type of Activity	Health awareness activity	
Date and Time of Activity	20-06-2019	1.30PM to 3.00 PM
Details of Participants	Students from MBA and MCA	
Organizing Dept /Support System	Sports Club	
Details of Resource Persons	S Ravinder	
Description	<p>Yoga is a holistic practice that offers numerous physical, mental, and emotional benefits. Physically, it enhances flexibility, strength, and balance, promoting overall fitness and reducing the risk of injuries. Regular practice can improve posture, alleviate chronic pain, and boost cardiovascular health. The Program is organized in association with Samskruthi Foundation by S Ravinder.</p> <p>Mentally, yoga is a powerful tool for stress management. Through deep breathing and mindfulness, it calms the mind, reducing anxiety and promoting a sense of inner peace. It also improves focus, concentration, and mental clarity, making it beneficial for both personal and professional life.</p> <p>Emotionally, yoga fosters self-awareness and emotional resilience. It encourages a deeper connection with oneself, helping to release negative emotions and cultivate a positive mindset. Additionally, yoga promotes better sleep, increases energy levels, and supports overall well-being.</p> <p>By integrating yoga into daily life, individuals can achieve a harmonious balance of body, mind, and spirit, leading to a healthier and more fulfilling life.</p>	

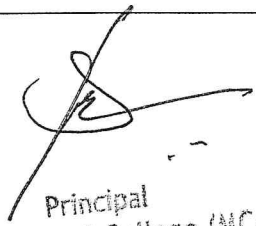


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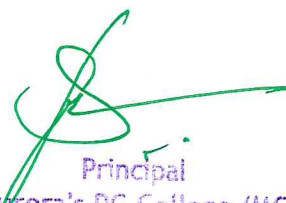


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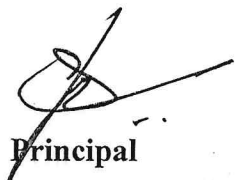
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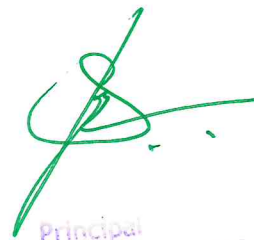
It is hereby informed that all the female student and staff members that our college is organizing **"Impact of Yoga on Work-Life Balance of Working Women"** on 21/06/2019, at 12:00 PM.

Your active participation and support are crucial for ensuring the effectiveness of this program.

Copy To:
Coordinator
HOD (MBA & MCA)



Principal
Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092



Principal
Aurora's PG College (MCA)
Uppal, Hyderabad-500092

ACTIVITY REPORT

Name of the Activity	Impact Of Yoga On Work Life Balance Of Working Women	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2019	12:00PM
Details of Participants	Students & Staff Members	
In Association With	Samskruthi Foundation	
Coordinator	Mrs.S.Soni	
Description	<p>The online session on the impact of Yoga on work-life balance for working women, organized by Aurora's PG College (MCA) in collaboration with the Samskruthi Foundation, achieved remarkable success. Under the guidance of renowned Yoga trainer Mrs. Mrs.S.Sonii, the program saw enthusiastic participation from approximately 160 students and 18 faculty members. Throughout the session, participants were exposed to invaluable insights into the multifaceted benefits of Yoga. From promoting physical fitness to fostering mental and emotional well-being, Yoga emerged as a powerful tool for navigating the complexities of both professional and personal spheres. Practical training in Yoga asanas equipped attendees with the skills needed to seamlessly integrate Yoga into their daily routines, thereby empowering them to lead healthier and more balanced lifestyles. The collaborative effort between the MBA and MCA programs and the Women Empowerment Cell underscored the college's unwavering commitment to holistic wellness and gender equality. By addressing the specific challenges encountered by working women and offering practical solutions through Yoga, the program served as a catalyst for positive change within the college community. Ultimately, the session not only heightened awareness about the transformative potential of Yoga but also deepened participants' understanding of its role in achieving work-life balance. Armed with enhanced knowledge of Yoga principles and techniques, attendees emerged better equipped to confront the demands of modern life, manage stress effectively, and cultivate overall well-being</p>	
Photos	