



NATIONAL SERVICE SCHEME

-NOT ME BUT YOU

Date:-12/02/2022

NOTICE

Subject: Holistic day for NSS Volunteers scheduled on 13/02/2022.

Dear Volunteers,

In order to introduce a new way of living practice we the NSS Team decided to have a Holistic Day on 13/02/2022(Sunday). All the NSS volunteers in the campus are hereby informed to join us to experience new way of Holistic life style.

Kindly Go through the below schedule for detailed information about the Spectacular events as a part of Holistic Day.

Time	Event/activity	Instructors	Venue
5:00 am-6:30am	Hath yoga & Naad Yoga	Mr. VV Krishna , Ms. Lahari , Ms.Priya	Yoga Hall
6:30am-7:30am	Shram dhaan	Mr. Parthiev,Ms.Varshasri, Ms. Manasaveena, Ms.Harika, Ms. Akshaya,Ms.Shilpa	SAC to NSS Civil cabin
7:30am-8:45am	Breakfast	None	None
8:45am-1:00pm	Skill Development Programme	Ms.Lahari, Ms.Priya, Ms.Anjali	SAC Auditorium
1:00pm-2:15pm	Lunch	None	None
2:15pm-3:30pm	Prathyahaara	Mr.Sai Rohith	Yoga Hall
3:30pm-4:30pm	Interactive Session	NSS Team	Yoga Hall

Note:-

1. All the Covid-19 protocols must be followed at any cost like: Wearing a mask, applying hand sanitizer, maintaining a physical distance of atleast 1m etc.
2. Kindly Bring your own water bottles, Stationary items(pen,book) for all the sessions.
3. Do carry your own yoga mat or blanket for yoga sessions.
4. Attendance will be provided for each and every session .
5. Do follow suitable &comfortable Dress code for each session.

THANK YOU.

Sd/-

T. Rakesh Reddy,
(NSS Programme Co-ordinator)
RGUKT-B.