

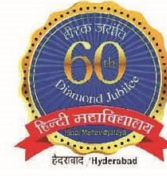


HINDI MAHAVIDYALAYA

(NAAC REACCREDITED AND AUTONOMOUS)

(Affiliated to Osmania University)

Nallakunta, Hyderabad – 500 044



Website : www.hindimahavidyalaya.ac.in

E-Mail: info@hindimahavidyalaya.org

PROFORMA FOR THE ACTIVITY REPORTS

(Extension lecture/Guest lecture/Workshop)

Enclosures: Circular/Notice/Photographs/List of Students with signatures / Feedbacks (If any)

Department	Department of HISTORY,HERITAGE & TOURISM STUDIES B.VOCATION
Event(ONLINE)	International Yoga Day 2021
Resource Person	On Line Program
Name (s) of the Teachers(s) involved	Dr Ravi Kumar NVS Mr A V Chitnya Nagaraju
No. of Students	185
Date	21-06-2021
Objectives	The participants will able to : <ul style="list-style-type: none"> • To let people know the amazing health benefits of yoga. • To reduce health problems • To spread peace in the world. • To promote good mental and physical health of people through yoga. • To connect people through international yoga day. • To connect people to the nature by practicing yoga. • To make people get used of mediation through yoga. • To draw attention of people worldwide towards the holistic benefits of yoga. • To let people know their rights of good health and healthy lifestyle to completely enjoy the highest standard of physical health. • To bring communities much close together to spend a day for health from the busy schedule. • To strengthen the global coordination among people through yoga. • To make people aware of physical and mental diseases and their solutions through practicing yoga. • To reduce the rate of health-challenging diseases all over the world.



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	<ul style="list-style-type: none"> • To get the win over all the health challenges through regular yoga practice. • To link between protection of health and sustainable health development.
Report	<p>Hindi Mahavidyalaya celebrated International Yoga Day to create awareness of the physical and mental well-being among faculty and staff on 21/06/2021 between 10.00 am to 1.00 pm. The event was organized by the department of B.Vocational. The COVID-19 protocol was followed during the practice session.</p> <p>Dr Ravi Kumar interacted with faculty and staff as part of an introductory event. The yoga practice session was attended by Teaching, Non-Teaching, and Students. The practice session was led by the HOD B. Vocation Overall, 185 members participated in the International yoga day celebration. During this session, yoga asanas, pranayama and meditation were practiced by the faculty and staff under the direction of SKY YOGA Professor Sivanageswara Rao</p> <p>The activities were as follows.</p> <p>Asanas – Vajrasana, Sukhasana, Bhujangasana , Ardha Halasana Suryanamaskar – 12 steps (Yogic Exercises) Pranayama – Kapalbathi and Nadi shodhana (Breathing Exercises) Meditation– State of Superconscious Mind Ashwini Sanpurkar, Vice-principal closed the meeting by thanking everyone.</p>



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<p>Outcomes</p>	<p>After this session, students should be understand to:</p> <ul style="list-style-type: none"> • Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery, or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten to heal. • A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. • Yoga improves strength, balance, and flexibility. • Yoga helps with back pain relief. • Yoga can ease arthritis symptoms. • Yoga benefits heart health. • Yoga relaxes you, to help you sleep better. • Yoga can mean more energy and brighter moods. • Yoga helps you manage stress. • Yoga connects you with a supportive community. • Yoga promotes better self-care.
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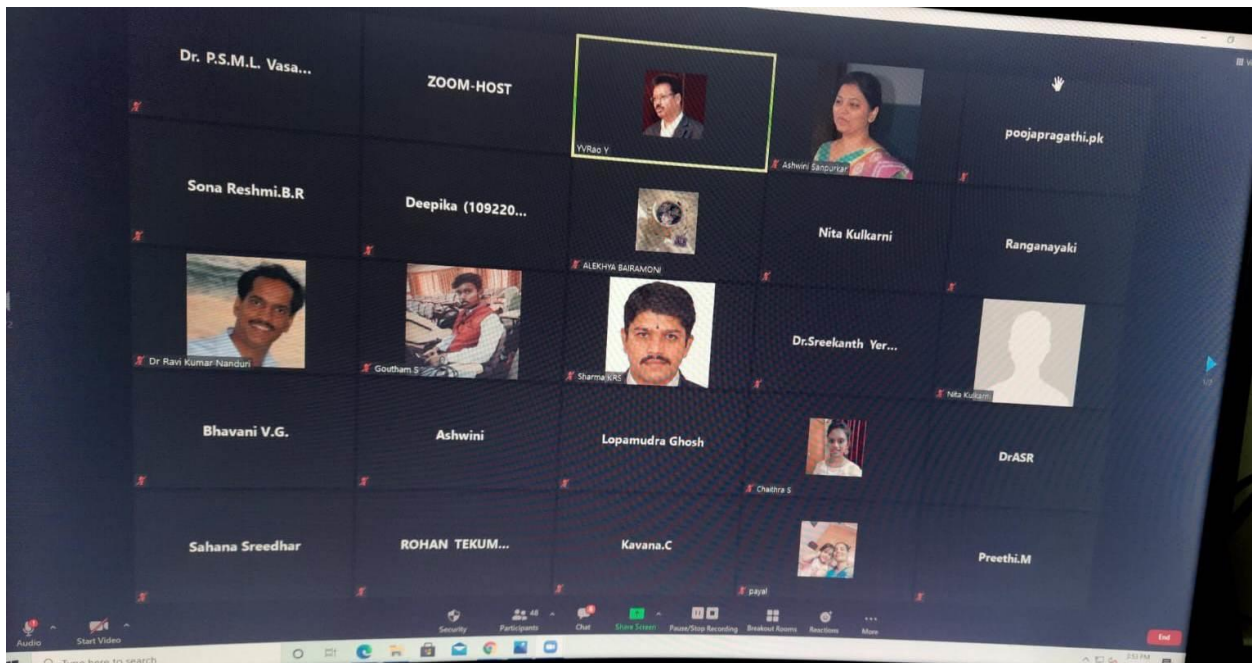
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Department	Department of HISTORY,HERITAGE & TOURISM STUDIES
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B.VOCATION	
Event(ONLINE)	National Tourism Day 2022
Resource Person	<p>Chief Guest: Prof. C Ganesh,The Principal,Arts College ,Osmania University,Hyderabad.</p> <p>Key Note Speaker : Valmiki HariKrishna ,Travel Consultant and World Tour Operator,Hyderabad</p> <p>Guest of Honour : Dr.GBK Rao,Chairman Pragati Group,Hyderabad Sailesh Kumar Mathur, Vice-President,Hotel ABODE (by Shree Venkateshwara Hotels),Hyderabad</p>
Name (s) of the Teachers(s) involved	Dr Ravi Kumar NVS Mr A V Chitnya Nagaraju
No. of Students	160
Date	25-01-2022
Objectives	<p>The participants will able to :</p> <ul style="list-style-type: none"> • Tourism promotes economic development- Tourism development helps the Indian economy in a great way. Restaurants, shops, transportation systems, recreational places, etc. develop because of tourism and directly contribute to the economy. Also, basic infrastructure improves and employment is generated which is advantageous to the economy indirectly. Tourism plays an important role in economic development. Therefore, it is said that tourism is an invisible trade. • Tourism and environmental development : Tourism is good for environmental development. To develop natural locations, sanctuaries, national parks, etc. economic investment is made by the government for the sake of tourism industry. Because of eco-friendly tourism concept, tourist places can be developed while caring for the environment. Factors like housing, resorts, traffic routes, etc. are also designed in an eco-friendly manner. In this type



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	<p>of developmental process, electricity, water are used very judiciously. The concept of recycle and reuse is also applied. Natural environment is maintained and tourism is developed too.</p> <ul style="list-style-type: none"> • Tourism and health : <p>Some tourists visit India to avail the of health facilities. Visiting the places of tourist interest and achieving mental peace and physical strength through Indian Ayurveda, Yoga, Pranayam, etc. is the objective behind it. The medicinal and surgical treatment in Indian hospitals are cost-effective and therefore, many patients from various developing countries come here for treatment. Medical Tourism develops from the facilities required by these tourists.</p> <ul style="list-style-type: none"> • Tourism and social development : <p>Some specific social programs can be accomplished through tourism. If facets like rural lifestyle, tribal life, and culture are included in tourism, tourism gets a social dimension and the neglected components of the society can be included in the development.</p> <ul style="list-style-type: none"> • India is rich in heritage and has 40 UNESCO World Heritage Sites in total. • The last UNESCO World Heritage Site added was Dholavira which is the city of Harappa. • India also has one of the highest railway bridges - the Chenab Bridge. It is 1,315 meters high, 35 meters higher than the Eiffel Tower. • Sikkim is an organic state of India wherein 47.3% of the state's land area is covered with forest. Pesticides, fertilizers, disposable plastics, and packaged drinking water bottles are banned. • The Sentinelese are a tribe, who live on Sentinel Island in India, and have been demarcated from the rest of the world. • Himachal Pradesh's Kangra Fort is the oldest in the country. To strengthen the global coordination among people through yoga. • To make people aware of physical and mental diseases and their solutions through practicing yoga. • To reduce the rate of health-challenging diseases all
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	<p>over the world.</p> <ul style="list-style-type: none"> • To get the win over all the health challenges through regular yoga practice. • To link between protection of health and sustainable health development.
Report	<p>On the historic occasion of National Tourism Day, an online webinar has been organized by the Department of Vocational Studies, Hindi Mahavidyalaya. The webinar was graced by dignitaries such as Sri Valmiki Hari Kishan from Valmiki Travel & Tourism Solutions, Dr GBK Rao , Chairman of Pragati Group, Sri Sailesh Kumar Mathur, Vice-President, Hotel ABODE.</p> <p>National Tourism Day is celebrated on 25th of January every year to create awareness about the importance of tourism for India development. The Ministry of Tourism is the supreme authority to organize several events throughout the country to spread the message of the importance of</p> <p>Travel. The Ministry of Tourism announces a specific theme for every year and 2022 was given a tag of Rural and Community Centric Tourism. This Year, the Ministry of Tourism, Government of India is going to celebrate the day under the aegis of Azadi ka Amrit Mahotsav.</p> <p>The program was started with a welcoming prayer by Ms. G. Lahari. The HOD, Department of Vocational Studies, Dr. Nanduri Ravi Kumar began the event with a very positive vibe reciting a sloka followed by welcoming the guests/ dignitaries. The Principal Dr. Y V Rao also shared his views on the importance of the tourism Industry for the nation's economy. The close associate and Industry expert Mr. Pradeep Dutt started the session and discussed the emerging trends in</p>

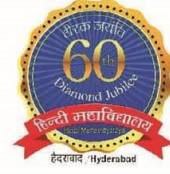


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the tourism industry in India. Sri CA Laxminiwas Sharma, Secretary of Hindi Mahavidyalaya shared his views on Tourism and its importance.

One of the key speakers Valmiki Hari Kishana, Founder and Managing Partner of Valmiki Travel and Tourism Solutions, took over the baton and shared his immense knowledge and experiences to the fellow speakers, faculty and students.

He was followed by Dr.GBK Rao, Chairman of Pragathi resorts in Hyderabad, who stressed about the importance of Herbal and Eco Tourism. His persistence towards the promotion of herbal tourism has made the audience awestruck.

Sri Sailesh Kumar Mathur, Vice-President, Hotel ABODE showered the students, faculty and fellow speakers with his knowledge and experiences.

The faculty and students of Hindi MahaVidyalaya were blessed to hear such great words from the renowned dignitaries in the travel and tourism industry.

Among the participants were Vice President Sri Shyam Sunder Mundada , Joint Secretary Sri Suresh Chandra Lahoti,

Treasurer Sri CA S B Kabra Vice-Principal Smt. Ashwini Sanpurkar, and others. The webinar ended with a vote of thanks message by Smt. Nita Kulkarni and enlightened the participants with a handful of knowledge and experience.

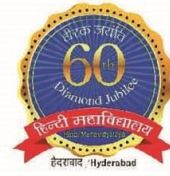


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<p>Outcomes</p>	<p>After this session, students should be understand to:</p> <ul style="list-style-type: none">• National Tourism Day is celebrated on 25th January which aims to foster and create awareness in society around the world about the importance of tourism and its social, cultural, historical, political, economic, and heritage values.• Every year, thousands of tourists come to India to visit the many adventurous and breathtaking places the country has to offer.• National Tourism Day is about celebrating the spirit of tourists and encouraging tourism further in the country. Here, we have share some statistics about tourism in the country.
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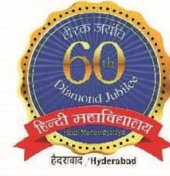


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Department of B.Vocational. Welcomes you To

NATIONAL TOURISM DAY 2022 Programme



Chief Guest : Prof. C. Ganesh, Principal , Arts College, OU, Hyderabad
Key Note Speaker : Sri. Valmiki Hari Kishan, Valmiki Travel & Tourism Solutions,Sec'bad
Guest of Honour : Dr. GBK Rao, Chairman, Pragati Group, Hyderabad
Sri. Sailesh Kumar Mathur, Vice-President, Hotel Abode, Hyderabad

Sri. Surendra Luniya, President Emeritus
Sri. Kamal Narayan Agarwal, President
Sri Shyam Sunder Mundada , Vice - President
Sri CA Laxminiwas Sharma, Secretary
Sri. Suresh Chandra Lahoti, Joint Secretary
Sri. CA S B Kabra, Treasurer

Sri. Pradeep Kumar Dutt
Advisor, Tourism & Hospitality

Dr. Y . V . Rao Principal
Smt. S. Ashwini Vice-Principal

Date: 25-01-2022 Time: 11 AM
Online Programme

Dr. Ravi Kumar Nanduri
HOD, Tourism & Hospitality

Prof.Ganesh Chief Guest for National Tourism Day

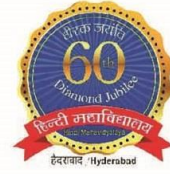


Sri. Sailesh Kumar Mathur, Vice-President, Hotel ABODE, Lakdikapul, Hyderabad



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Dr G.B K Rao, Chairman Pragathi Resorts



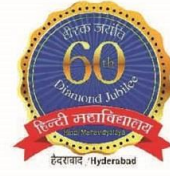


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Department	Department of HISTORY,HERITAGE & TOURISM STUDIES B.VOCATION
Event	International Yoga Day 2022
Resource Person	Chief Guest: SriRavindra Kapadia, Director, Gandhi Gyan Mandir Yoga Kendra, Hyderabad Key Note Speaker : Dr. Kamalakara Sharma, Department of Telugu , Osmania ,University Guest of Honour : Prof. S. Sivanageswara Rao, Sky Yoga Consultant Smt.Parshanta Sharma, Yoga Expert, Hyderabad
Name (s) of the Teachers(s) involved	Dr Ravi Kumar NVS
No. of Students	190
Date	21-06-2022
Objectives	The participants will able to : <ul style="list-style-type: none"> • To let people know the amazing health benefits of yoga. • To reduce health problems • To spread peace in the world. • To promote good mental and physical health of people through yoga. • To connect people through international yoga day. • To connect people to the nature by practicing yoga. • To make people get used of mediation through yoga. • To draw attention of people worldwide towards the holistic benefits of yoga. • To let people know their rights of good health and healthy lifestyle to completely enjoy the highest standard of physical health. • To bring communities much close together to spend a day for health from the busy schedule. • To strengthen the global coordination among people through yoga. • To make people aware of physical and mental diseases and their solutions through practicing yoga. • To reduce the rate of health-challenging diseases all over



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	<p>the world.</p> <ul style="list-style-type: none"> • To get the win over all the health challenges through regular yoga practice. • To link between protection of health and sustainable health development.
Report	<p>Hindi Mahavidyalaya celebrated International Yoga Day to create awareness of the physical and mental well-being among faculty and staff on 21/06/2022 between 9.00 am to 12.00 noon. The event was organized by the department of B.Vocational.</p> <p>Dr Ravi Kumar interacted with faculty and staff as part of an introductory event. The yoga practice session was attended by Teaching, Non-Teaching, and Students. The practice session was led by the HOD B. Vocation Overall, 185 members participated in the International yoga day celebration. During this session, yoga asanas, pranayama and meditation were practiced by the faculty and staff under the direction of SKY YOGA Professor Raja Shekar</p> <p>The activities were as follows.</p> <p>Asanas – Vajrasana, Sukhasana, Bhujangasana , Ardha Halasana Suryanamaskar – 12 steps (Yogic Exercises) Pranayama – Kapalbathi and Nadi shodhana (Breathing Exercises) Meditation– State of Superconscious Mind Ashwini Sanpurkar, Vice-principal closed the meeting by thanking everyone.</p>



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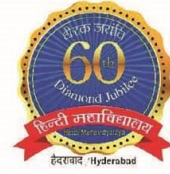
<p>Outcomes</p>	<p>After this session, students should be understand to:</p> <ul style="list-style-type: none"> • Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery, or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten to heal. • A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress. • Yoga improves strength, balance, and flexibility. • Yoga helps with back pain relief. • Yoga can ease arthritis symptoms. • Yoga benefits heart health. • Yoga relaxes you, to help you sleep better. • Yoga can mean more energy and brighter moods. • Yoga helps you manage stress. • Yoga connects you with a supportive community. • Yoga promotes better self-care.
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	<p>HINDI MAHAVIDYALAYA (AUTONOMOUS & NAAC RE-ACCREDITED) Arts, Commerce, Science and P.G. Centre Affiliated to Osmania University Nallakunta, Hyderabad –500044.</p>	
<p>INTERNATIONAL YOGA DAY 2022 Programme</p>		
<p>YOGA FOR HUMANITY INTERNATIONAL YOGA DAY 2022</p>		
<p>Date: 21-06-2022 Time: 10 am onwards @ College premises</p>		
<p>Chief Guest : Sri Ravindra Kapadia, Director, Gandhi Gyan Mandir Yoga Kendra, Hyderabad Key Note Speaker : Dr. Kamalakra Sharma, Department of Telugu, Osmania University Guest of Honour : Prof. S. Sivanageswara Rao, Sky Yoga Consultant Smt. Parshanta Sharma, Yoga Expert, Hyderabad.</p>		
<p>Sri. Surendra Luniya Sri. Kamalnayan Agrawal Sri Shyamsunder Mundada Sri CA Laxminiwas Sharma Sri. Suresh Chandra Lahoti Sri. CA S B Kabra</p>	<p>President Emeritus President Vice - President Secretary Joint Secretary Treasurer</p>	<p>Dr. Ravi Kumar NVS History, Heritage & Tourism Studies</p>
		<p>Dr. B. Sreedevi Smt. S. Ashwini</p>
		<p>Dr. Avinash Jaiswal Principal</p>
		<p>Vice-Principal Vice-Principal</p>



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Felicitation:

Chief Guest Sri Ravindra Kapadia, Director Gandhi Gyan Mandir Yoga Kendra, Hyderabad

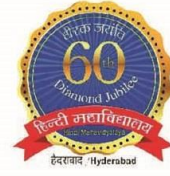


Prof Sivinageswara Rao



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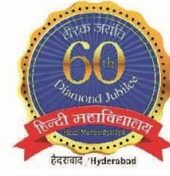
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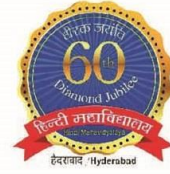
Prof Kamalakara Sarma





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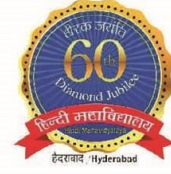


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Department	Department of HISTORY,HERITAGE & TOURISM STUDIES B.VOCATION
Event	International Yoga Day 2023
Resource Person	Prof. S. Sivanageswara Rao, Sky Yoga Consultant
Name (s) of the Teachers(s) involved	Dr Ravi Kumar NVS
No. of Students	200
Date	21-06-2023
Objectives	<p>The participants will able to :</p> <ul style="list-style-type: none"> • To let people know the amazing health benefits of yoga. • To reduce health problems • To spread peace in the world. • To promote good mental and physical health of people through yoga. • To connect people through international yoga day. • To connect people to the nature by practicing yoga. • To make people get used of mediation through yoga. • To draw attention of people worldwide towards the holistic benefits of yoga. • To let people know their rights of good health and healthy lifestyle to completely enjoy the highest standard of physical health. • To bring communities much close together to spend a day for health from the busy schedule. • To strengthen the global coordination among people through yoga. • To make people aware of physical and mental diseases and their solutions through practicing yoga. • To reduce the rate of health-challenging diseases all over the world. • To get the win over all the health challenges through regular yoga practice. • To link between protection of health and sustainable health development.



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<p>Report</p>	<p>Hindi Mahavidyalaya celebrated International Yoga Day to create awareness of the physical and mental well-being among faculty and staff on 21/06/2023 between 10.00 am to 1.00 pm. The event was organized by the department of B.Vocational.</p> <p>Dr Ravi Kumar interacted with faculty and staff as part of an introductory event. The yoga practice session was attended by Teaching, Non-Teaching, and Students. The practice session was led by the HOD B. Vocation Overall, 200 members participated in the International yoga day celebration. During this session, yoga asanas, pranayama and meditation were practiced by the faculty and staff under the direction of SKY YOGA Professor Sivanageswara Rao</p> <p>The activities were as follows.</p> <p>Asanas – Vajrasana, Sukhasana, Bhujangasana , Ardha Halasana Suryanamaskar – 12 steps (Yogic Exercises) Pranayama – Kapalbathi and Nadi shodhana (Breathing Exercises) Meditation– State of Superconscious Mind Ashwini Sanpurkar, Vice-principal closed the meeting by thanking everyone.</p>
<p>Outcomes</p>	<p>After this session, students should be understand to:</p> <ul style="list-style-type: none"> • Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery, or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten to heal. • A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.



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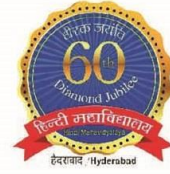
- Yoga improves strength, balance, and flexibility.
- Yoga helps with back pain relief.
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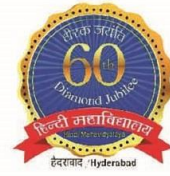
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