



RISE KRISHNA SAI GANDHI GROUP OF INSTITUTIONS

(Approved by AICTE, New Delhi & Affiliated to JNTUK, Kakinada)
NH-16, Valluru, Ongole, Prakasam (District)-523272

5.1.2. YOGA

Every year, our college organizes relaxing yoga sessions to support the well-being of students. What makes it special is that the college makes sure every student gets a yoga mat, making it easy for everyone to join in comfortably. We bring in expert trainers from outside to guide us through the yoga practice. Having external trainers shows how serious we are about giving students the best experience. The yoga sessions go beyond just physical exercise – they include calming techniques that help students manage stress and stay focused. These sessions are for everyone, creating a sense of togetherness among students. The positive feedback from students tells us that they appreciate the chance to improve both their physical and mental well-being through these yearly yoga sessions. This shows that the yoga program has become an important part of how our college cares for the overall development of students.

YOGA Session

Date: 22-04-2018

Venue: RISE INDIA

Sample photos:

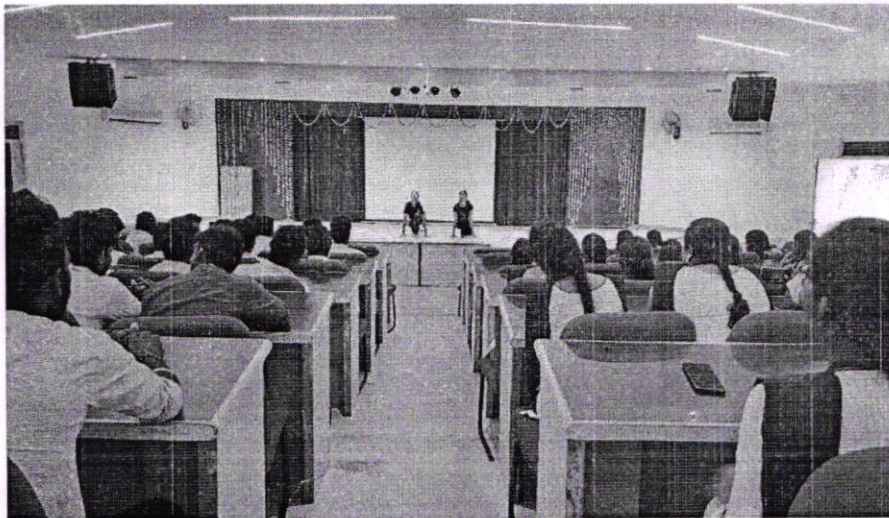


Fig: Students demonstration Yogasanam

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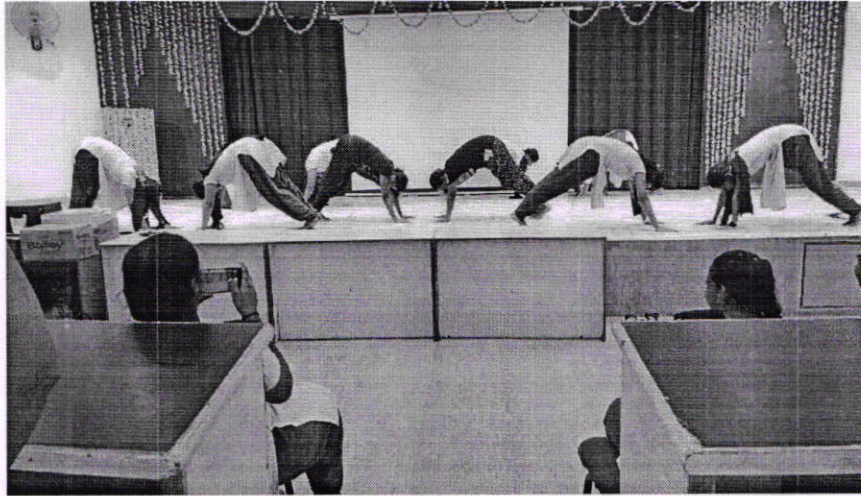


Fig: Students demonstration Yogasanam

YOGA Session

Date: 12-02-2019

Venue: Girls Hostel

Trainers: Ms. Keerthana

Sample photos:

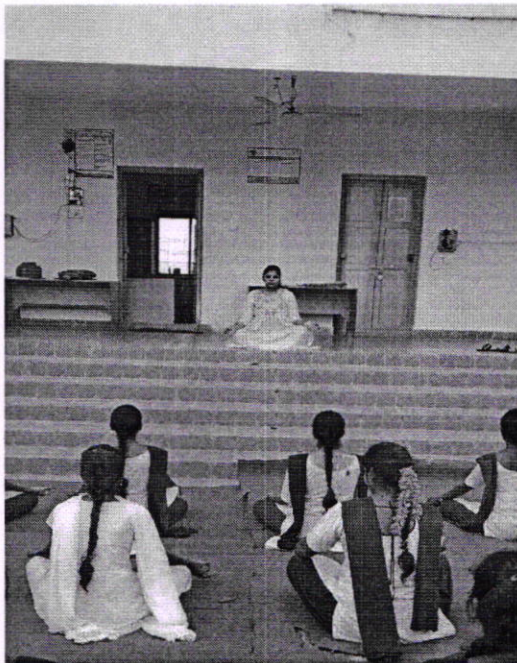


Fig: Students practicing Yogasanam


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YOGA Session

Date: 22-04-2021

Venue: Open Ground in front of RISE Techno Hub

Trainers: Prakasam Dt. Patanjali Yoga Samithi- Bharatha Sambhavan Trust

Sample photos:

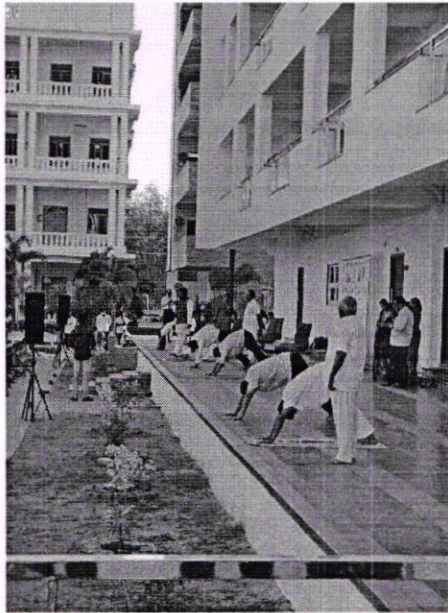


Fig: Trainers showing the posture

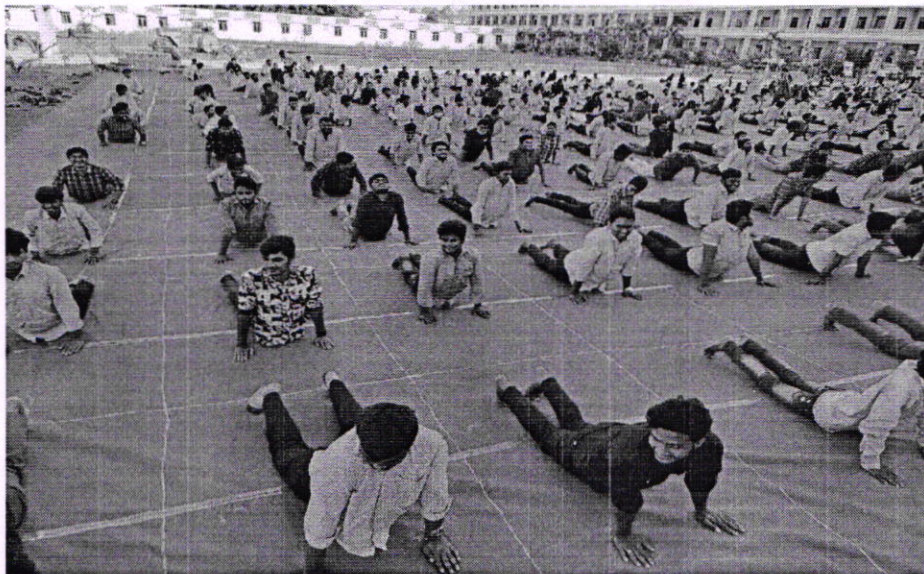


Fig: Students participated


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3 Days Integrated Scientifical Yoga Session

Date: 27-11-2022 to 29-11-2022

Venue: Open Ground in front of RISE Techno Hub

Trainers: Prakasam Dt. Patanjali Yoga Samithi- Bharatha Sambhavan Trust

Sample photos:

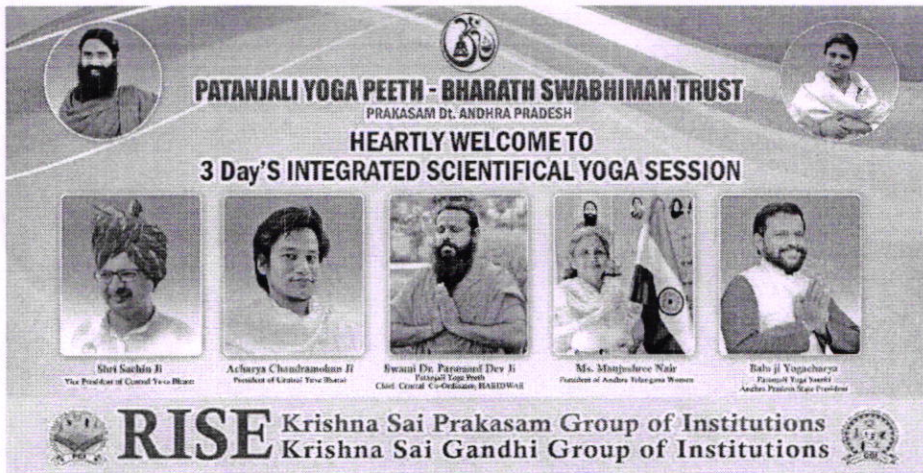


Fig: Banner



Fig: Trainers showing the posture

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Shot on OnePlus
By RISE 2022/11/29 06:49

Fig: Students participated



Shot on OnePlus
By RISE 2022/11/29 07:40

Fig: Trainers and Patanjali yoga trust members felicitating Mrs. Sidda Pravallika garu, Chief Advisor, RAGA.

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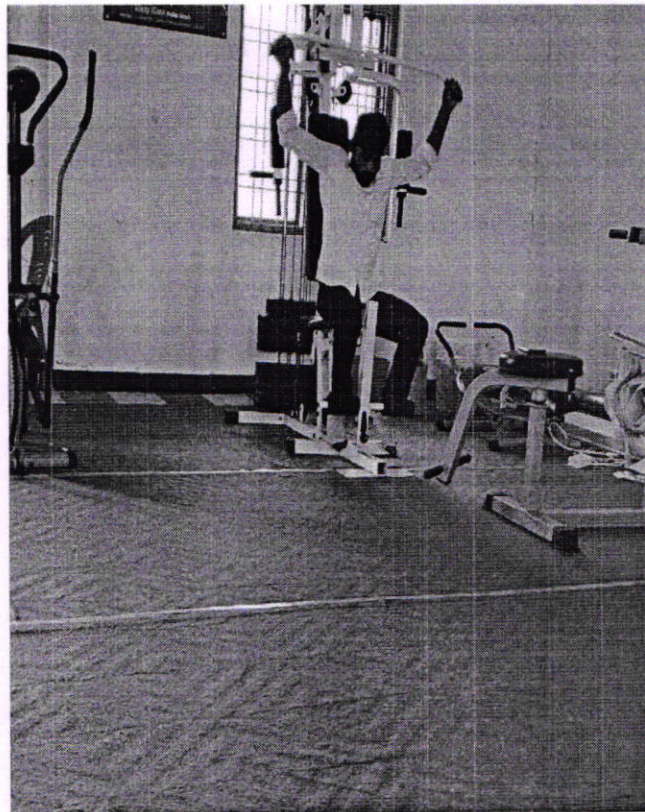
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5.1.2. Physical Fitness

Physical fitness is extremely important for students, and the establishment of gyms in colleges plays a critical role in developing a comprehensive educational experience. Physical fitness has an important effect on mental well-being and academic success in addition to physical health. Regular physical activity improves cognitive processes, such as memory recall and problem-solving abilities, and so improves overall academic achievement. Physical fitness also assists students in managing stress and anxiety, which are common issues in the academic setting, resulting in better mental health. Gyms on college grounds provide easy access to fitness resources, encouraging students to incorporate regular exercise into their routines. Gyms provide a wide choice of workout options, catering to individual preferences and allowing students to experiment with various fitness activities.

To meet the needs of the students, the institute provides a well-organized Gymnasium with a great variety of equipment. Students actively participate in a range of workout programs, such as cardio workouts, weight training, and flexibility exercises. Peak usage occurred in the early late afternoons, demonstrating students' dedication to integrate fitness into their everyday routines.



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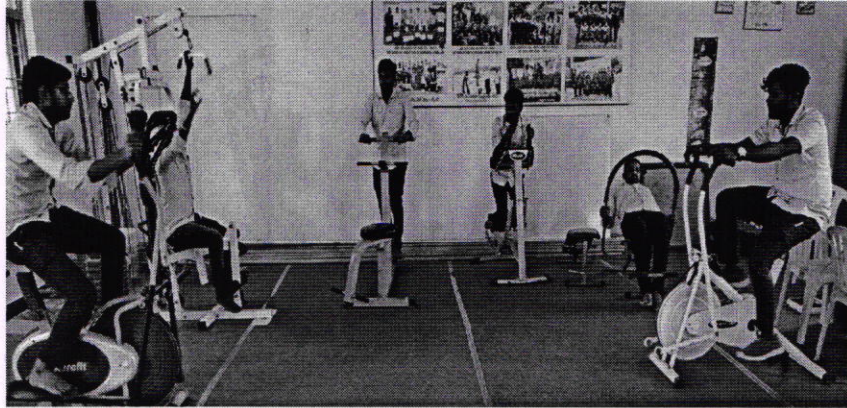


Fig: Students doing workouts in gymnasium

5.1.2. Zumba Dance



Fig: Students attended for Zumba dance practice

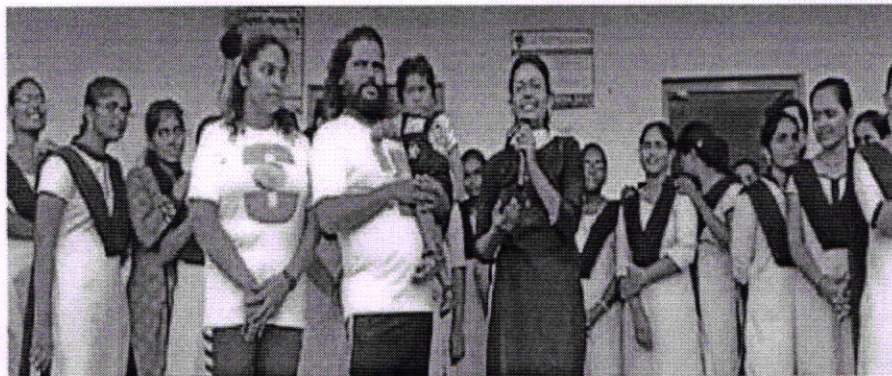
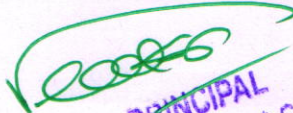


Fig: Zumba dance trainers


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5.1.2. Training on Self-defensing for girl students

Date: 22-07-2022

Venue: Girl Hostel ground

Trainers: Master Venkateswarlu

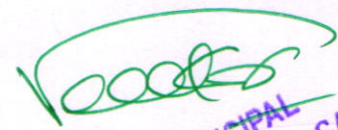
Sample photos:



Fig: Masters instructing on self-defense



Fig: Student practicing self-defense


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5.1.2. Facilities Supporting Health and Hygiene

Introduction:

In our continuous efforts to prioritize the health and hygiene of our employees/students, we have implemented various facilities across our premises. This report provides an in-depth overview of four key facilities, complete with detailed descriptions and accompanying photographs.

1. RO Water Plant with Cooler:

We have an RO water plant with a cooler that provides clean and cold drinking water to all the employees. The RO system employs advanced filtration technology to remove impurities and contaminants, delivering water of the highest quality. Our dedicated maintenance team conducts regular checks and sanitation procedures to guarantee the plant's optimal performance and water quality.

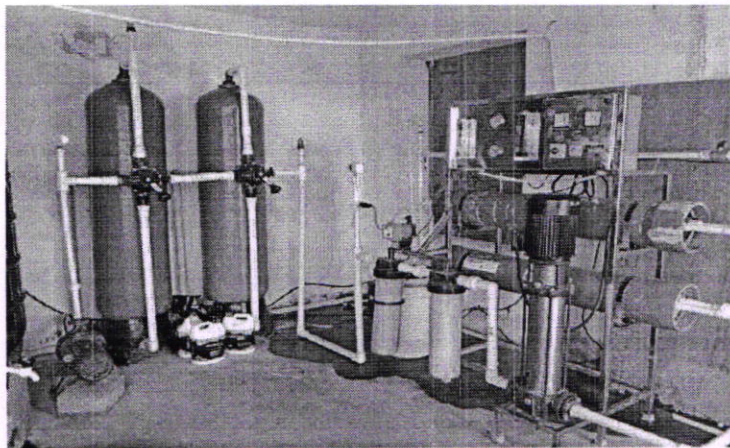


Fig: RO Plant

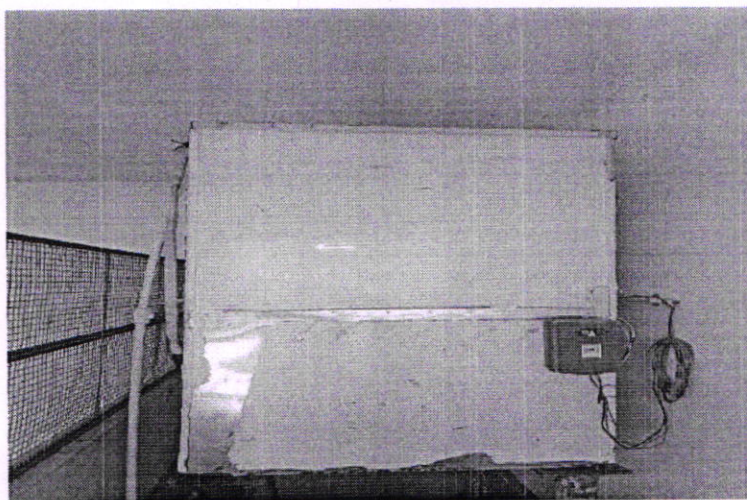


Fig: Water cooler

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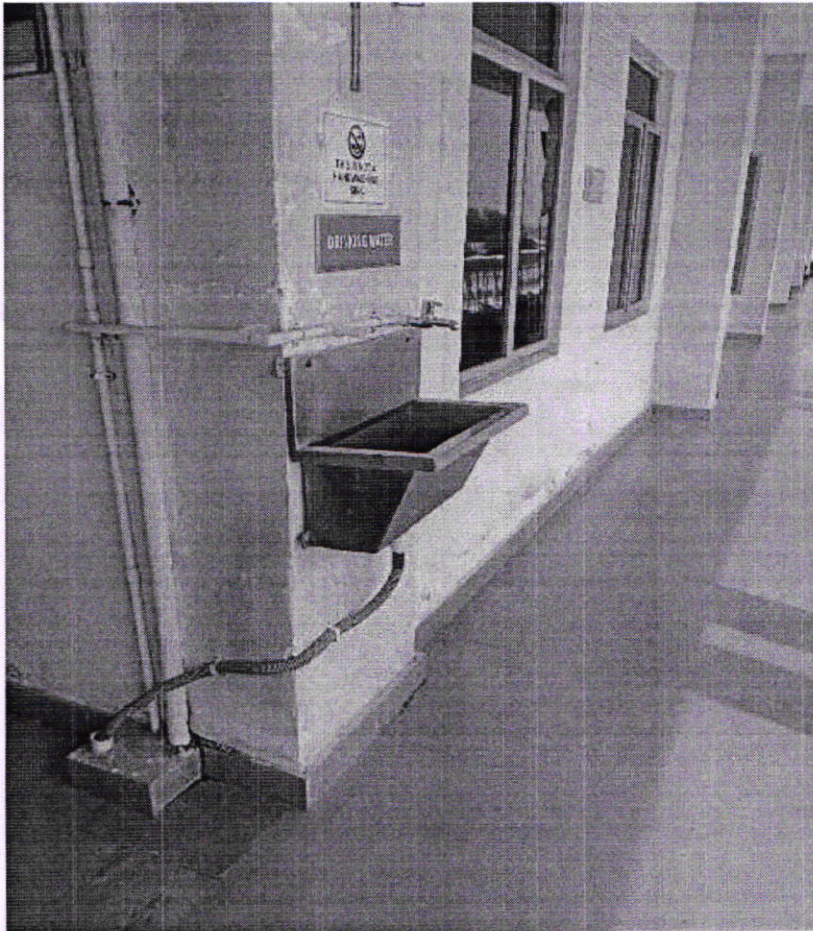
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2. Tap Facility for Drinking Water in All Floors:

To enhance accessibility and convenience, tap facilities for drinking water have been strategically placed on all floors of our premises. Our maintenance team ensures that all taps are regularly serviced, promoting a continuous supply of fresh water. Placing taps on every floor encourages employees/students to stay hydrated throughout the day, contributing to overall well-being.



Fig(3) Water taps

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3. Used Pads Disposer Machine in the Girls Hostel:

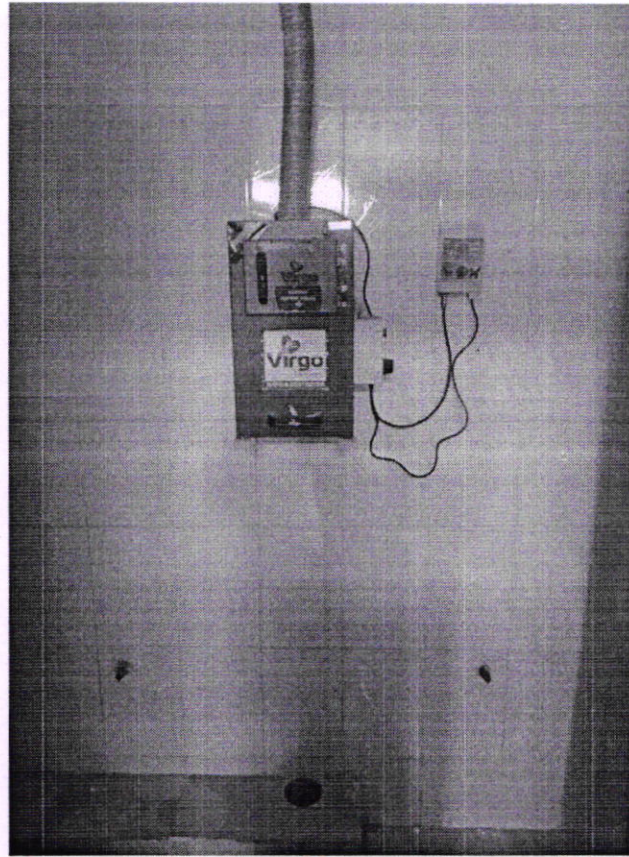


Fig: Sanitary pad disposer machine

In line with our commitment to women's health and hygiene, a used pads disposer machine has been installed in the girls' hostel. The disposer machine provides a discreet and sanitary solution for the disposal of used sanitary pads.

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4. Dedicated Housekeeping Team for Cleaning:

Maintaining Cleanliness Across Premises: A dedicated housekeeping team is assigned to clean classrooms, laboratories, and washrooms regularly.

Key Responsibilities:

Classrooms and Laboratories: The team ensures that learning spaces are clean, organized, and conducive to a positive educational environment.

Washrooms: Maintaining hygiene in washrooms is a top priority, with regular cleaning schedules and well-stocked hygiene essentials.

Training and Monitoring: The housekeeping team undergoes regular training and is monitored to uphold the highest standards of cleanliness.



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