

## 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 PG COLLEGE (MBA)**, 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**;

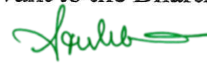
Samskruti Foundation is a registered trust consisting of prominent and accomplished senior civil servants, professionals and corporate citizens. It has been striving towards promoting Nation Building activities among the youth of the society in Telangana and across India.

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.



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- 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 1<sup>st</sup> year, 2<sup>nd</sup> 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.



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- 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



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**ANNUAL PROGRESS REPORT**  
**MOU WITH Samskruthi Foundation**  
Academic year 2023-24

Name of the Organization	Samskruthi Foundation
Nature of MoU	Promotion of Indian Culture and Values, Extension and Outreach
Date of Signing MoU	04.03.2019
Validity of MoU	Until termination


**LIST OF ACTIVITIES**

S.No	Name of the Activity	Date
1	Impact of Yoga on Work Life Balance of Working Women	21.06.2023
2	Yoga Program	21.06.2023
3	Rakhi with soldiers	29.08.2023
4	Seminar on Human Values and Meditation	08.11.2023

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## ACTIVITY REPORT

Name of the Activity	<b>Impact of Yoga on Work Life Balance of Working Women</b>	
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.R.Swapna	
Description	<p>The Orientation Program on Enhancing Work-Life Balance through Yoga for Working Women, organized by Aurora's PG College (MBA) in collaboration with Samskruthi Foundation, achieved remarkable success. Under the guidance of esteemed Yoga instructor Mrs.R.Swapna, 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>	
Photos		



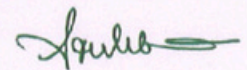
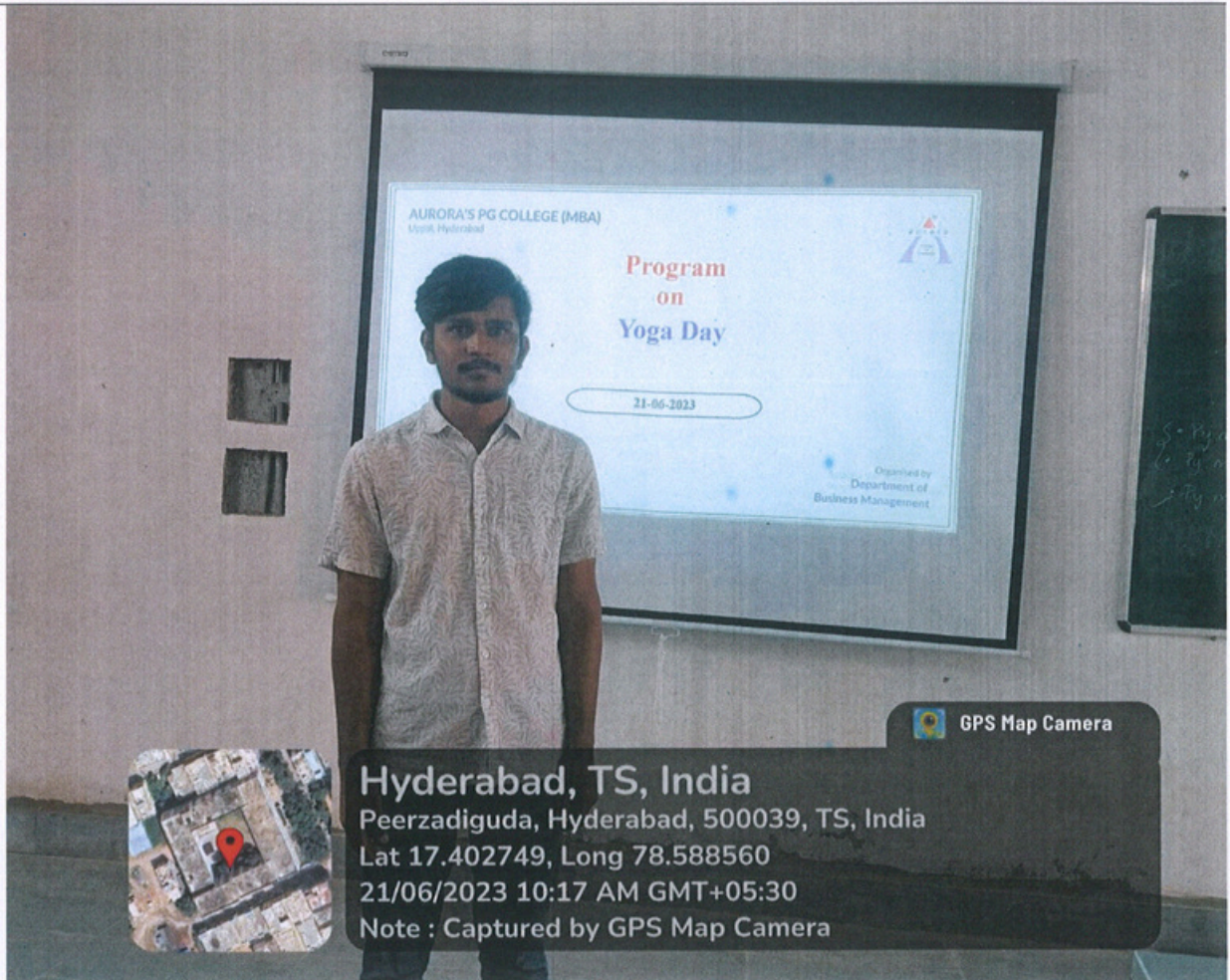
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Name of the Activity	Yoga Program.	
Type of Activity	Life Skills – Health Hygiene.	
Date and Time of Activity	21-06-2023	10:00AM-11:00AM
Details of Participants	Students from MBA and MCA , 1 <sup>st</sup> and 2 <sup>nd</sup> year.	
Organizing Dept /Support System	Sports Clubin collaboration withSamskruthi Foundation.	
Details of Resource Persons	<p>S. Ramesh (Yoga Trainer) is a skilled professional dedicated to guiding individuals and groups in the practice of yoga, with a strong emphasis on physical, mental, and spiritual well-being. With extensive knowledge of various yoga styles such as Hatha, Vinyasa, Ashtanga, and Yin Yoga, he tailors each session to suit the unique skill levels of his participants, from beginners to advanced practitioners.</p> <p>Ramesh’s approach is holistic, blending traditional techniques with modern practices to ensure that each participant not only improves their flexibility and strength but also cultivates mindfulness and inner peace. Whether leading a dynamic Vinyasa flow or a restorative Yin session, he adapts his teachings to meet the diverse needs of his students, ensuring that everyone feels supported in their practice.</p> <p>His deep understanding of yoga's transformative power allows him to create a welcoming and inclusive environment, where students can explore and deepen their practice at their own pace. With a focus on balance, breath, and alignment, S. Ramesh helps individuals connect with their bodies, calm their minds, and achieve a sense of spiritual harmony.</p>	
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. by S Ramesh, Samskruthi Foundation.</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>	




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## 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	36 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. 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. 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. 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>
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Name of the Activity	Session on Human Values and Meditation	
Type of Activity	Life skill activity	
Date and Time of Activity	08-11-2023	10:00AM-11:30AM
Details of Participants	Students from MBA and MCA , 1 <sup>st</sup> and 2 <sup>nd</sup> year	
Organizing Dept /Support System	Aurora's PG College (MBA) in collaboration with Samskruthi Foundation.	
Details of Resource Persons	<p>Pavan Kumar Thimmaraju (Yoga Practitioner) is a calm and charismatic individual who exudes warmth and wisdom. Dressed in simple yet elegant attire, he embodies humility and a deep commitment to inner growth. His soothing, deliberate voice captures the audience's attention with its clarity and sincerity, creating an atmosphere of peace and focus.</p> <p>With an aura of tranquility, Pavan Kumar reflects his dedication to meditation and the core principles of human values, such as compassion, integrity, and mindfulness. His presence alone inspires calm and encourages others to embrace these principles in their lives. Through his teachings and personal example, he fosters a deeper connection to inner peace, guiding individuals to live with greater balance, compassion, and mindfulness.</p>	
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 Foundation. 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>	

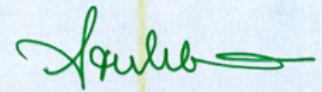
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Throughout the activity, participants learned how human values and meditation are interconnected, with the practice of meditation helping to reinforce and embody these values in daily life. By the end of the session, participants reported a greater 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.

Photos



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**ANNUAL PROGRESS REPORT**  
**MOU WITH Samskruthi Foundation**

Academic year 2022-23

Name of the Organization	Samskruthi Foundation
Nature of MoU	Promotion of Indian Culture and Values, Extension and Outreach
Date of Signing MoU	04.03.2019
Validity of MoU	Until termination

**LIST OF ACTIVITIES**


S.No	Name of the Activity	Date
1	The effect of Yoga On the Work life Balance of Women in the workplace	21.06.2022
2	Yoga Program	21.06.2022



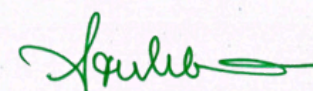
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## ACTIVITY REPORT

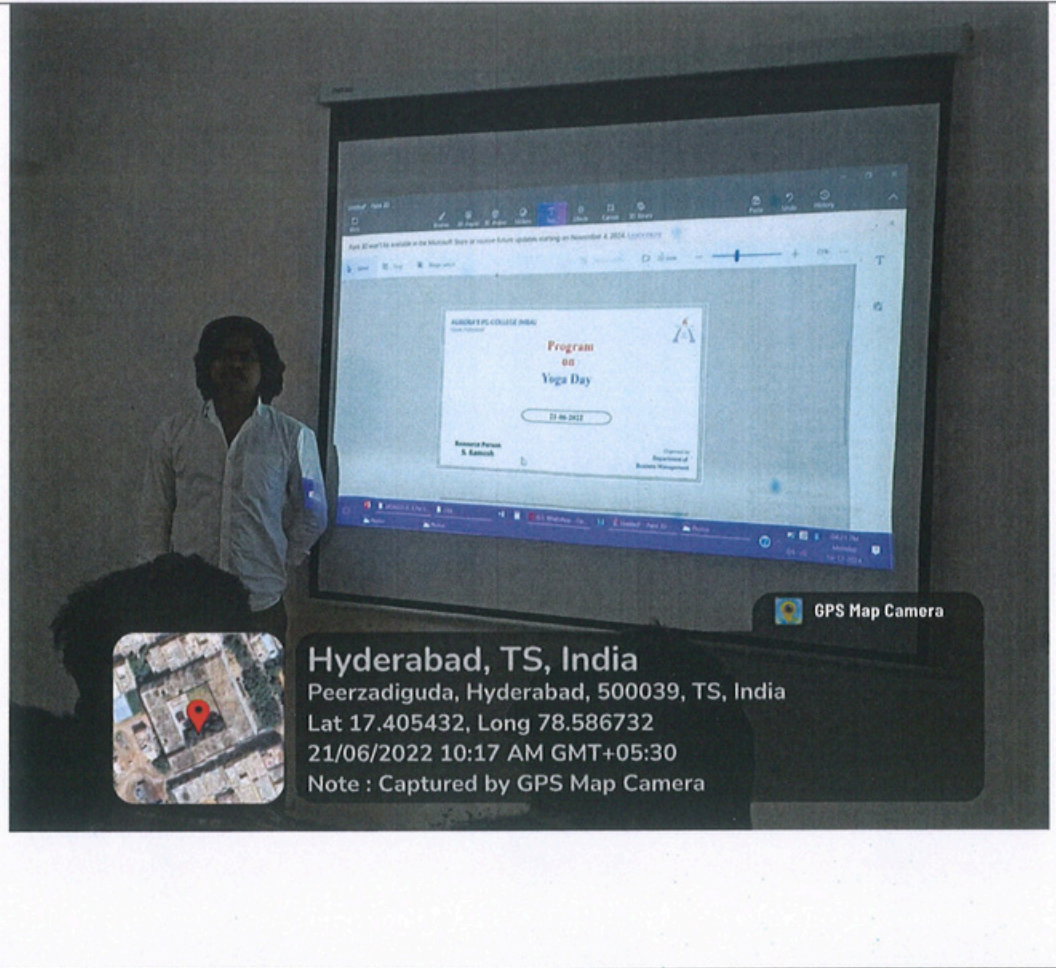
Name of the Activity	<b>The Effect of Yoga on the Work Life Balance of Women in the Work</b>	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2022	12:45 PM.
Details of Participants	Students & Staff Members	
In Association With	Samskruthi Foundation	
Coordinator	A.Swathi	
Description	<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 (MBA) in collaboration with Samskruthi Foundation, left a lasting impression as a resounding success. Guided by the esteemed Yoga instructor Mrs.A.Swathi , 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>	
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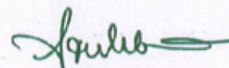
Name of the Activity	Yoga Program	
Type of Activity	Health awareness activity	
Date and Time of Activity	21-06-2022	10:00AM-11:00AM
Details of Participants	Students from MBA and MCA , 1 <sup>st</sup> and 2 <sup>nd</sup> year	
Organizing Dept /Support System	Natures Clubin collaboration withSamskruthi Foundation.	
Details of Resource Persons	<p>S.Ramesh (Yoga Trainer) from Samskruthi Foundation is a highly skilled and experienced yoga instructor dedicated to promoting physical, mental, and spiritual well-being. He specializes in a variety of yoga styles, including Hatha, Vinyasa, Ashtanga, and Yin yoga, tailoring each session to the unique needs and skill levels of his participants, from beginners to advanced practitioners.</p> <p>With a focus on creating a personalized yoga experience, S. Ramesh guides participants through practices that enhance flexibility, strength, and overall health while cultivating mindfulness and inner calm. His teachings are designed to help individuals connect deeply with their bodies, minds, and spirits, creating a balanced approach to wellness.</p> <p>S. Ramesh's sessions not only improve physical fitness but also support mental clarity and emotional resilience, encouraging a sustainable and enriching yoga practice that can be integrated into daily life. Whether participants are seeking to relieve stress, increase energy, or deepen their yoga journey, S. Ramesh's guidance provides the tools necessary for growth, healing, and long-term wellness.</p>	
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>	



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**ANNUAL PROGRESS REPORT**  
**MOU WITH Samskruthi Foundation**  
Academic year 2021-22

Name of the Organization	Samskruthi Foundation
Nature of MoU	Promotion of Indian Culture and Values, Extension and Outreach
Date of Signing MoU	04.03.2019
Validity of MoU	Until termination

**LIST OF ACTIVITIES**

S.No	Name of the Activity	Date
1	Free Food for Community Workers	5.06.2021
2	Yoga Impact on Attaining Work life balance for women in the workplace	21.06.2021
3	Yoga Program	21.06.2021
4	Seminar on Human Values and Meditation	17.08.2021



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**1. ACTIVITY REPORT ON FREE FOOD TO COMMUNITY WORKERS**

**Title of the activity:** Free food for community workers

**Date of the activity:** 05.06.2021

**In association with:** Samskruthi Foundation

**GEO TAGGED PHOTOS**



**Objective of the Program:**

The initiative of providing free food for community workers by MBA students aims to express gratitude and appreciation for the essential work done by these individuals, while also fostering a sense of social responsibility and leadership among MBA students.

**Target Community:**

The primary beneficiaries are:

- Local healthcare workers (nurses, doctors, etc.).
- Frontline workers (police, firefighters, emergency responders).
- Environmental and waste management staff.
- Delivery personnel and grocery store workers.

**Expected Outcomes of the activity:**


- Enhanced morale and well-being of community workers.
- Strengthened relationships between MBA students and the community.
- Increased awareness and empathy among MBA students for the challenges faced by community workers.
- Development of leadership, teamwork, and organizational skills among MBA students.

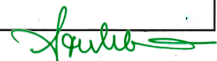


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## ACTIVITY REPORT

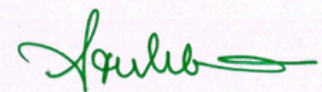
Name of the Activity	<b>Yoga impact on Attaining Work Life Balance for Women in the Work Place</b>	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2021	12:45 PM
Details of Participants	Students & Staff Member	
In Association With	Samskruthi Foundation	
Coordinator	A.Swathi	
Description	<p>The orientation program on the impact of Yoga on work-life balance for working women, organized by Aurora's PG College (MBA) in collaboration with the Samskruthi Foundation on June 21, 2021, led by renowned Yoga trainer Mr. A.Swathi , proved to be a resounding success.</p> <p>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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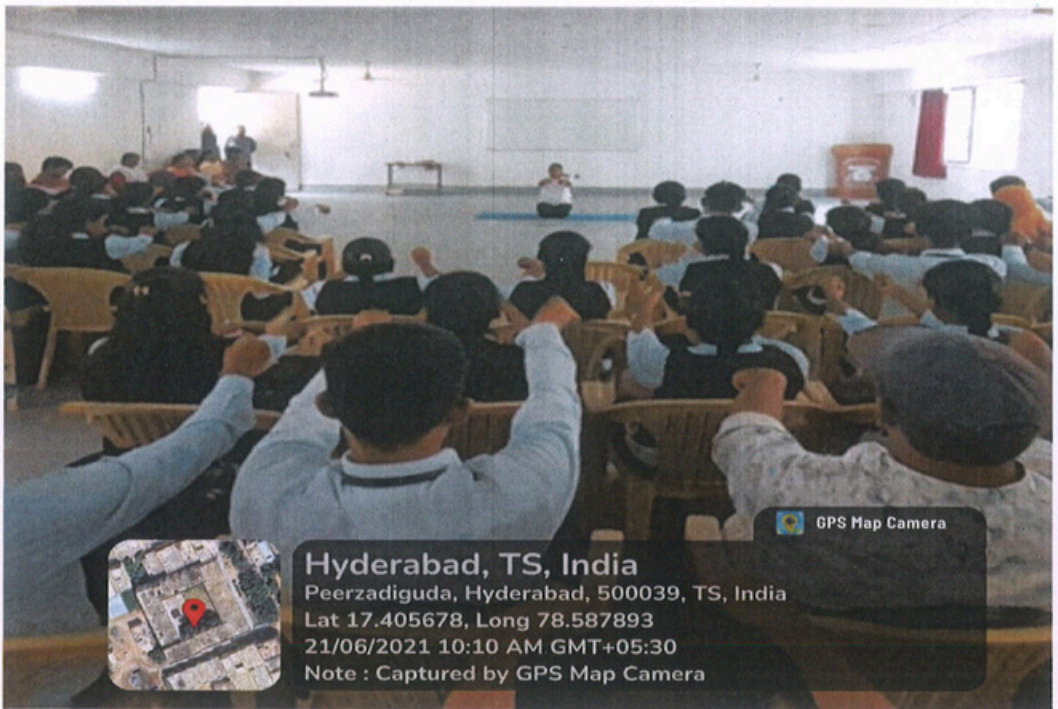
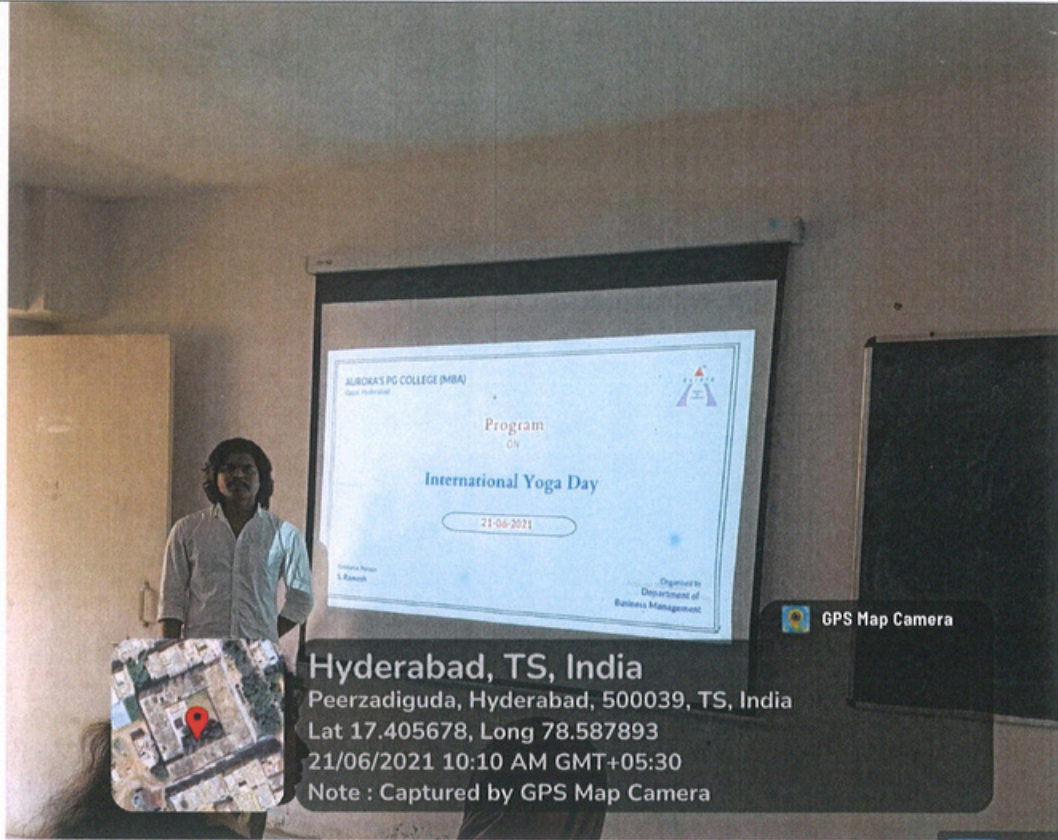
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Name of the Activity	Yoga Program	
Type of Activity	Health awareness activity	
Date and Time of Activity	21-06-2021	10:00AM-11:00AM
Details of Participants	Students from MBA and MCA , 1 <sup>st</sup> and 2 <sup>nd</sup> year	
Organizing Dept /Support System	<b>Sports Club and Natures Club</b> in collaboration with Samskrthi Foundation.	
Details of Resource Persons	S.Ramesh(Yoga trainer) is an accomplished yoga trainer who specializes in guiding individuals and groups through yoga practices that promote physical, mental, and spiritual well-being. With a deep understanding of various yoga styles, including Hath, Vinyasa, Ashtanga, and Yin yoga, he tailors each session to the unique needs and skill levels of his participants, ranging from beginners to advanced practitioners. Drawing on his extensive experience, S. Ramesh creates a supportive environment where individuals can develop strength, flexibility, and mindfulness. His holistic approach ensures that each practice is not just about physical postures, but also about cultivating inner peace and balance. Whether it's helping beginners build a solid foundation or helping advanced yogis deepen their practice, S. Ramesh's sessions are designed to enhance overall well-being and bring a sense of harmony to body, mind, and spirit.	
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. This is conducted in association with Samskrthi Foundation by S Ramesh.</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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Photos



Name of the Activity	Seminar Session on Human Values and Meditation	
Type of Activity	Life Skills Activity	
Date and Time of Activity	17-08-2021	10:00AM-11:30AM
Details of Participants	Students from MBA and MCA ,2 <sup>nd</sup> year	
Organizing Dept /Support System	<b>Sports Club and Natures Club</b> in collaboration with Samskruthi Foundation.	
Details of Resource Persons	<p>Rajireddy Mahender Reddy (Yoga Practitioner) is a serene and charismatic yoga practitioner who effortlessly radiates warmth, wisdom, and a profound sense of inner peace. His simple yet elegant attire serves as a reflection of his humility and his deep commitment to personal growth. Every aspect of his presence, from his soothing and deliberate voice to his calm demeanor, captures the attention of those around him, drawing them into a space of clarity and sincerity. With an aura of tranquility, Rajireddy embodies the principles of meditation and living in harmony with core human values such as compassion, integrity, and mindfulness.</p> <p>His dedication to these values is evident in the way he approaches both his practice and his interactions with others. Whether through his teachings or his quiet presence, Rajireddy encourages those around him to cultivate a sense of peace and balance, inspiring others to look inward and embrace personal transformation. His unwavering focus on mindfulness and inner growth serves as a beacon for anyone seeking to lead a life filled with purpose, compassion, and spiritual fulfillment. Through Rajireddy's example, others are motivated to embrace not only the physical aspects of yoga but also the deeper, transformative power of living in alignment with the values that promote overall well-being.</p>	
Description	<p>The activity on Human Values and Meditation emphasized cultivating ethical behavior, empathy, and mindfulness through guided meditation practices by Rajireddy Mahender Reddy, (Yoga Practitioner) Samskruthi Foundation. 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>	

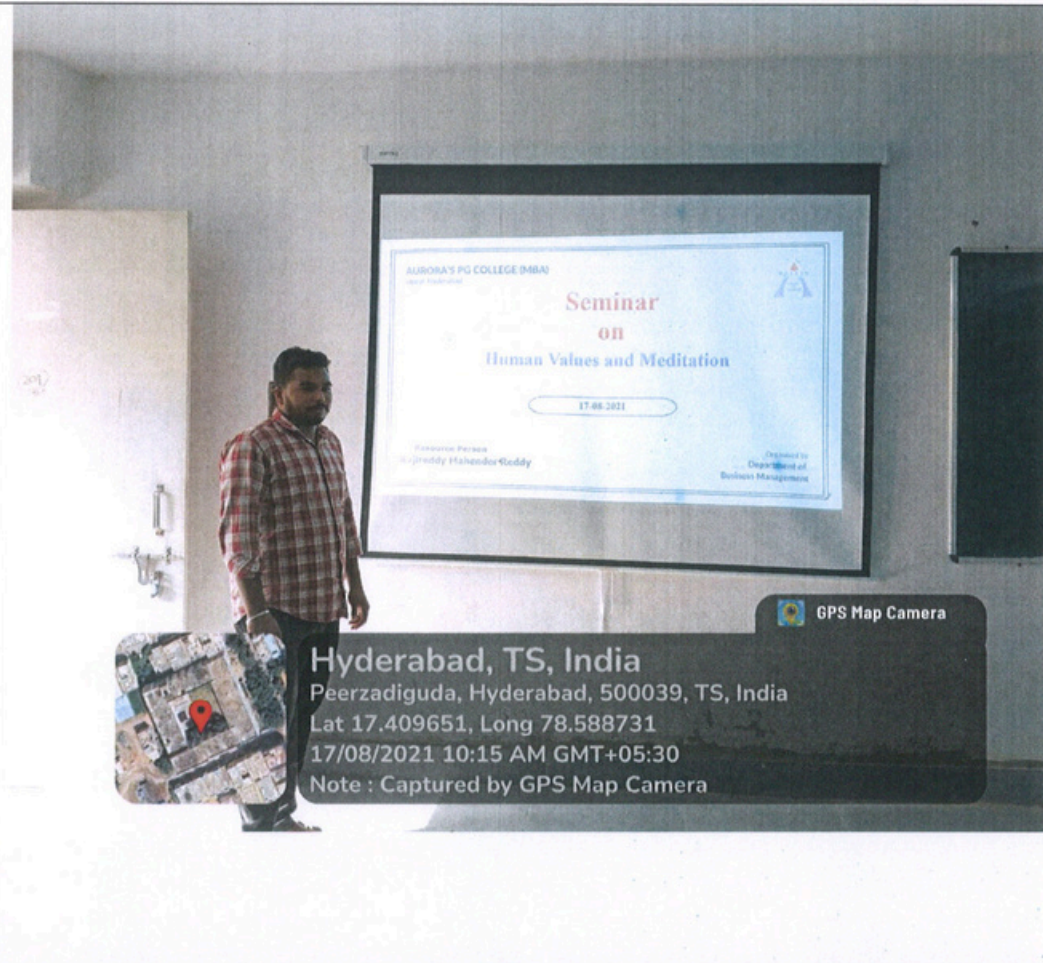
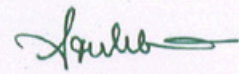
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Throughout the activity, participants learned how human values and meditation are interconnected, with the practice of meditation helping to reinforce and embody these values in daily life. By the end of the session, participants reported a greater 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.

Photos

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**ANNUAL PROGRESS REPORT  
MOU WITH Samskruthi Foundation**

Academic year 2020-21

Name of the Organization	Samskruthi Foundation
Nature of MoU	Promotion of Indian Culture and Values, Extension and Outreach
Date of Signing MoU	04.03.2019
Validity of MoU	Until termination


**LIST OF ACTIVITIES**

S.No	Name of the Activity	Date
1	Yoga On achieving work life balance among working women(Online)	21.06.2020
2	Donate to poor	19.12.2020

**Director**

**DIRECTOR**  
**Aurora's PG College (MBA)**  
Uppal, Hyderabad-500092

**ACTIVITY REPORT**

Name of the Activity	<b>Yoga on Achieving Work life Balance Among Working Women(Online)</b>	
Type of Activity	Women Empowerment Cell	
Date and Time of Activity	21/06/2020	12:45
Details of Participants	Students & Staff Members	
In Association With	Samskruthi Foundation	
Coordinator	A.Swathi	
Description	<p>The orientation program on the impact of Yoga on work-life balance for working women, hosted by Aurora's PG College (MBA) in collaboration with the Samskruthi Foundation, achieved resounding success. Guided by renowned Yoga trainer Mrs. A.Swathi, the program offered valuable insights into Yoga's benefits and provided practical training in Yoga asanas to approximately 160 students and 18 faculty members. Participants deepened their understanding of how Yoga can aid in managing the demands of both professional and personal lives, 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 MBA and MCA students and faculty to Yoga's impact on work-life balance for working women. Raise awareness about Yoga's benefits in enhancing physical, mental, and emotional well-being. Provide practical training in Yoga asanas to enable participants to incorporate Yoga into their daily routines. Enhance participants' understanding of Yoga's role in achieving work-life balance. Improve participants' knowledge of Yoga principles and techniques, including hands-on training in Yoga asanas. Increase awareness of the specific challenges faced by working women and how Yoga can address these challenges. Empower participants to integrate Yoga into their daily lives to manage stress and enhance overall well-being.</p>	
Photos		

*Swathi*

DIRECTOR

Aurora's PG College (MBA)  
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**2. ACTIVITY REPORT ON DONATE TO POOR**

**Title of the activity:** Donate for poor

**Date of the activity:** 19.12.2020

**In association with:** Samskruthi Foundation

**GEO TAGGED PHOTOS**



**Objective of the Program:**

The objective of this donation initiative by MBA students is to engage in a social responsibility project that supports underprivileged communities. By organizing fundraising campaigns, collecting goods, and providing financial aid, MBA students aim to promote philanthropy, develop leadership and organizational skills, and foster a sense of empathy and social awareness.

**Target Community:**

The primary beneficiaries are:

- Low-income families.
- Homeless individuals.
- Children from underprivileged backgrounds.
- Elderly individuals living in poverty.

**Expected Outcomes of the activity:**

- Increased awareness of social issues among MBA students and the wider community.
- Development of leadership, teamwork, and problem-solving skills for MBA students.



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**ANNUAL PROGRESS REPORT**  
**MOU WITH Samskruthi Foundation**  
Academic year 2019-2020

Name of the Organization	Samskruthi Foundation
Nature of MoU	Promotion of Indian Culture and Values, Extension and Outreach
Date of Signing MoU	04.03.2019
Validity of MoU	Until termination

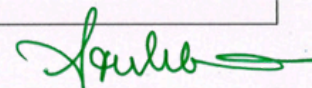
**LIST OF ACTIVITIES**

S.No	Name of the Activity	Date
1	Yoga Program	20.06.2019
2	Impact of yoga on work life balance of working Women	21.06.2019

**Director**

**DIRECTOR**  
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Name of the Activity	Yoga Program	
Type of Activity	Health awareness activity	
Date and Time of Activity	20-06-2019	10:00AM-11:00AM
Details of Participants	Students from MBA and MCA , 1 <sup>st</sup> and 2 <sup>nd</sup> year	
Organizing Dept /Support System	Khel-Sports Club in collaboration with Samskruthi Foundation	
Details of Resource Persons	<p>S. Ravinder (Yoga Trainer) is a highly skilled yoga professional who guides individuals and groups in cultivating physical, mental, and spiritual well-being. With expertise in a variety of yoga styles, including Hatha, Vinyasa, Ashtanga, and Yin yoga, he customizes each session to match the skill level and goals of his participants, whether they are beginners or advanced practitioners.</p> <p>S. Ravinder's approach emphasizes the integration of breath, movement, and mindfulness, helping students develop strength, flexibility, and inner peace. He creates a supportive, inclusive environment where participants are encouraged to explore their practice at their own pace, promoting both personal growth and overall wellness.</p> <p>Whether leading group classes or one-on-one sessions, S. Ravinder is committed to making yoga accessible, empowering individuals to improve their physical health and achieve mental clarity. His personalized, holistic approach has earned him a reputation as a trusted instructor who helps his students experience the transformative power of yoga.</p>	
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. (Yoga Trainer).</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>	

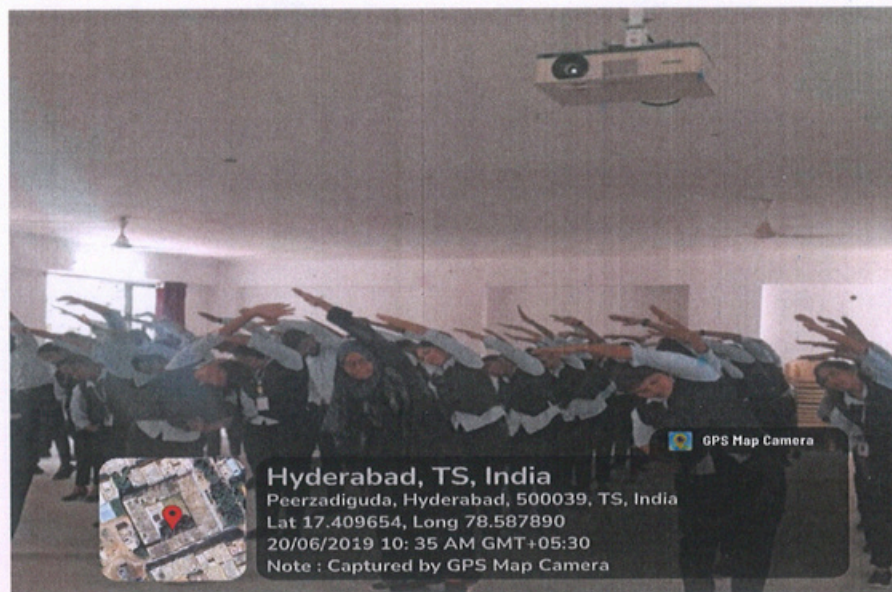
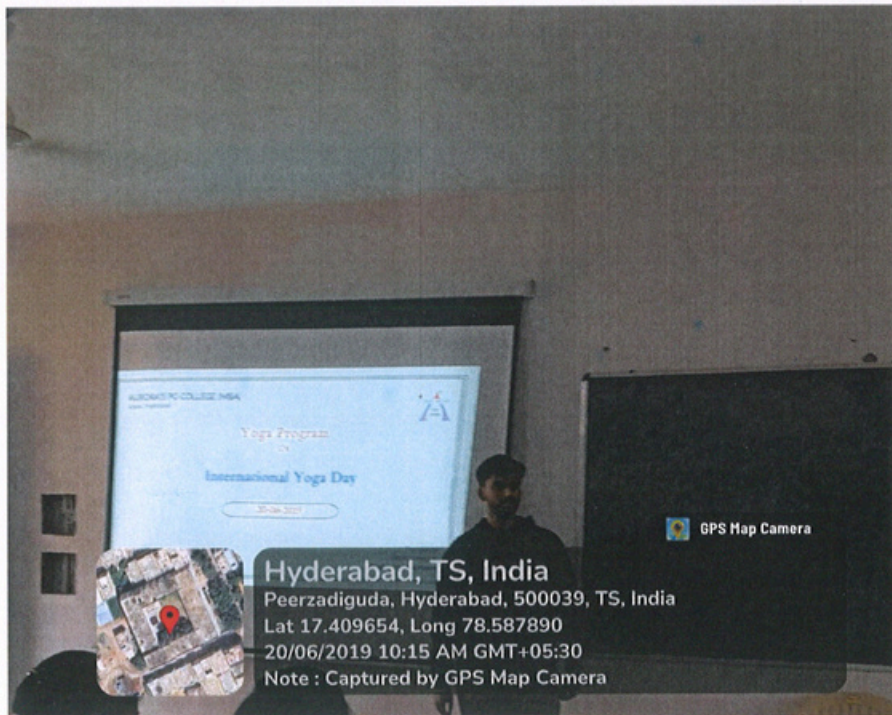


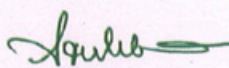
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## ACTIVITY REPORT

Name of the Activity	<b>Impact Of Yoga On Work Life Balance Of Working Women</b>	
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	A.Swathi	
Description	<p>The online session on the impact of Yoga on work-life balance for working women, organized by Aurora's PG College (MBA) in collaboration with the Samskruthi Foundation, achieved remarkable success. Under the guidance of renowned Yoga trainer Mrs. A.Swathi, 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		



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