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YOGA DAY



On 21st Jun, Our college proudly observed International Yoga Day with great enthusiasm and active participation from students and faculty members. The event was organized by the Department of Physical Education with the guidance of the Principal, reflecting the institution’s commitment to promoting holistic education.

The program began with a short introduction on the importance of Yoga Day, highlighting yoga as India’s gift to the world and its role in fostering a healthy body and a peaceful mind. The resource persons and yoga instructors led the gathering through a series of asanas, pranayama, and meditation practices. Students learned not only the correct techniques of yoga postures but also the deeper significance of mindfulness, balance, and discipline. The instructors also explained how yoga, when practiced regularly, contributes to mental clarity, emotional stability, and physical fitness.

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A wide range of asanas such as Tadasana, Vrikshasana, Trikonasana, Bhujangasana, and Shavasana were demonstrated and practiced. Special emphasis was given to breathing exercises and meditation techniques that help improve concentration, reduce stress, and enhance overall well-being— especially valuable for students balancing academics with extracurricular commitments.

The program concluded with a collective meditation session and a pledge by the students to incorporate yoga into their daily routine. The Principal appreciated the efforts of the Sports Department in organizing the event and encouraged students to continue practicing yoga as a lifestyle habit, not just as a one-day activity.

The International Yoga Day celebration at Ramaiah PU College was a true reflection of the institution's dedication to nurturing both mind and body, inspiring students to adopt yoga as a lifelong practice for a healthier and happier future.





On 19th Jun cricket selection for boys at college was conducted with great enthusiasm under the able guidance of the Sports Department. The trials were held on the college ground, which turned into a hub of energy and excitement as aspiring players from different classes came forward to prove their talent.

The Sports Department, along with the selection committee, meticulously organized the event to ensure every participant got a fair chance. Students displayed their skills in batting, bowling, and fielding, while selectors closely observed their techniques, consistency, and temperament under pressure. Beyond performance, equal importance was given to discipline, sportsmanship, and team spirit—qualities that define true sportsmanship. The selection process created a healthy competitive environment, where each boy put his heart into the game, while the cheers and encouragement from fellow students added to the lively atmosphere.

SELECTION TRIALS





After several rounds of careful evaluation, the most deserving and talented players were chosen to form the college cricket team. The announcement of the final squad brought immense joy and pride, especially for the selected students who will now represent MS Ramaiah PU College in upcoming tournaments.

For others, it was an opportunity to learn and prepare themselves better for future trials. This event was not just about picking a team; it was a testimony to the college's commitment to promoting sports alongside academics. The Sports Department of the College once again proved its dedication to nurturing young talent and inspiring students to pursue excellence both on and off the field.

GALLERY



“Build Yourself, Build India”



A GLIMPSE OF THE EVENT

On 20th Jun, the inspirational programme “*Build Yourself, Build India*” was organized at College with the vision of motivating students to focus on personal growth as the foundation for nation-building. The session began with a welcome address by the Narayan poojar sir, who reminded the gathering that the strength of a nation lies in the strength of its youth. He stressed that discipline, integrity, and a sense of responsibility are essential values that every student must cultivate to become an asset to society. The invited resource persons and faculty members spoke about the importance of self-development in various aspects such as academics, leadership, communication, and character formation. Students were urged to set clear goals, respect time, and develop a positive mindset to overcome challenges. The programme also highlighted the role of education in shaping future leaders who can contribute towards the economic, social, and cultural progress of India. Through interactive sessions, students reflected on how everyday actions whether small acts of honesty, environmental awareness, or dedication to studies collectively contribute to the progress of the nation .A strong message conveyed during the programme was that true nation-building begins at the individual level. By cultivating good habits, striving for excellence, and upholding moral values, every student can play a meaningful role in strengthening the country. The session also encouraged students to look beyond personal success and to serve society with compassion, innovation, and dedication.

PARENT TEACHER'S MEETING



On 21st Jun the Parents–Teachers Meeting at the College was conducted with the purpose of strengthening the relationship between the institution and parents by creating a platform for meaningful discussion about student's academic progress and overall development. Parents were allowed to meet their proctors. The teacher's provided detailed insights into the academic performance, attendance records, classroom participation, and behavior of the students

Teachers highlighted areas where students were performing well, while also pointing out the subjects and skills requiring improvement.

Special attention was given to the preparation strategies for the upcoming examinations, with emphasis on revision techniques, time management, and consistent practice. The class proctor interacted with parents and offered guidance on handling adolescent challenges, exam-related stress, and the importance of maintaining a supportive and motivating environment at home. Parents were also encouraged to monitor digital distractions and help their children strike a balance between academic responsibilities and personal growth. Parents actively engaged in the meeting by raising questions, sharing their expectations, and offering suggestions for further improvement. Concerns such as excessive use of mobile phones, need for remedial coaching in difficult subjects, and regular updates on student performance were discussed. The college responded positively, assuring remedial classes, stricter discipline measures, and frequent communication with parents through the college communication model. The session not only built stronger communication but also the joint commitment of both parents and teachers to work together for the academic success, discipline, and overall well-being of the students. The PTM proved to be a valuable step in nurturing a healthy partnership between home and college, ensuring that students receive guidance and encouragement from both fronts in their journey toward excellence.

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