

## Report on International Day of Yoga

## Agenda:

Enhancing Physical, Mental and health benefits through Yoga

• Connecting people to the nature

Date: 21/06/2018

Venue: Aditya Engineering College (A), Aditya Sports Ground, Aditya Hostels

No. of Participants: 392

Chief Guest: Prof.L.N.Murthy, Yoga Trainer

Programme officers: Mr. P. Shivakumar, Asst. Prof., Dept. of CE

Mr.R.GnanaVirgin, Asst.Prof., Dept. of ECE

## About The Activity:

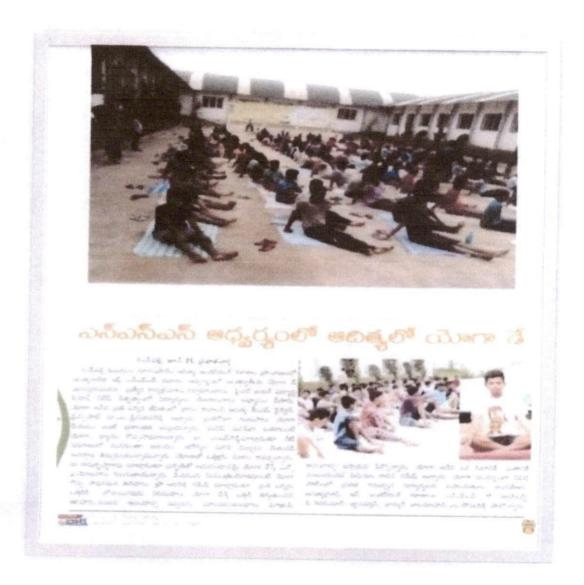
The NSS Unit of Aditya Engineering College (A), Surampalem celebrated the 4<sup>th</sup>International Yoga Day on 21/06/2018. Dr M. Sreenivasa Reddy, Principal, HoDs, the teaching and non-teaching staff, students participated actively with the volunteers of NSS Unit and performed Yoga activities.

## **Activity outcomes:**

- Participants came to learn about Good physical and mental health benefits of yoga
- Students got to know their rights of good health and healthy lifestyle
- To Gain the knowledge about importance and awareness of Yoga



Students Performed Yoga Activities at Boys Hostels



**Newspaper Clipping** 

Programme Officer

NSS PROGRAMME OFFICER ADITYA ENGINEERING COLLEGE SURAMPALEM - 533 437

PRINCIPAL Aditya Engineering College