



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 4th 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

