



# ADITYA ENGINEERING COLLEGE (A)

ADB Road, Aditya Nagar, Surampalem, E.G.District - 533 437

**NATIONAL SERVICE SCHEME**



## Report on Yoga for humanity

**Agenda:** Enhancing Physical, Mental And Health Benefits Through Yoga And Connecting People To Yoga For Their Well-Being.

**Date:** 21/06/2020

**Venue:** Online Mode (Microsoft Teams)

**No. Of Participants:** 147

**Programme Officers:** Mr. P. Shivakumar, Asst.Prof,Dept.Of CE

Mr.J. Rajasekhar, Asst.Prof,Dept.Of ME

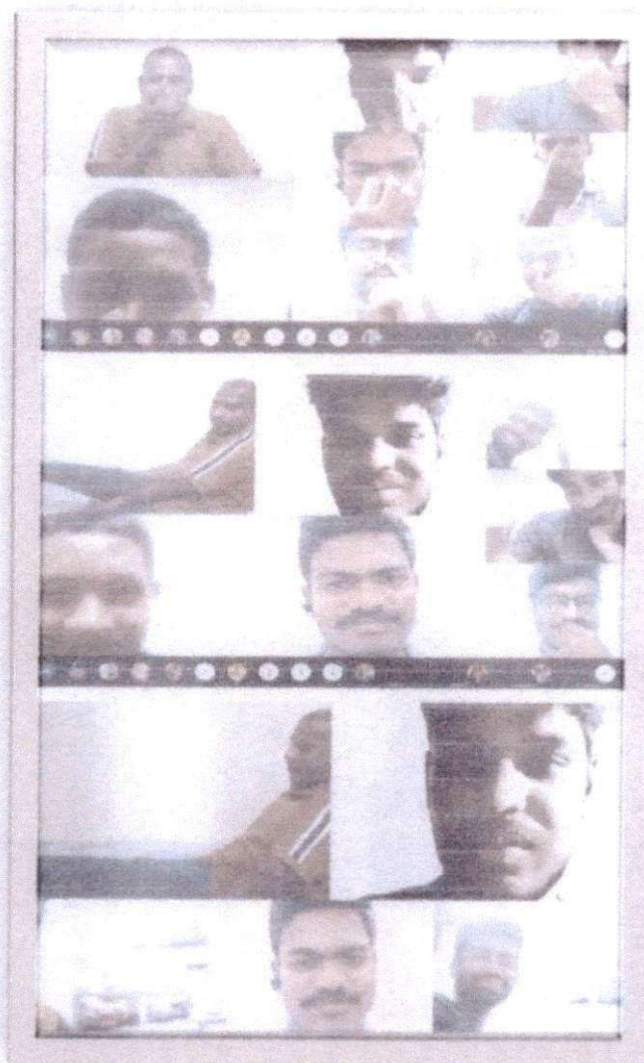
### About The Activity:

The NSS Unit of Aditya engineering college (A), Surampalem celebrated the 6<sup>th</sup> International Yoga Day through online mode on 21/06/2020. In this regard, Dr.M.Sreenivasa Reddy, Principal, all HoDs, the teaching and non-teaching staff, students actively participated with the volunteers of NSS Unit and performed Yoga activities.

### Outcomes:

- Students Learn good physical and mental health benefits through Yoga
- Students know their rights of good health and healthy life style
- Students Acquired knowledge on the importance and awareness of Yoga

**Photos of the Event:**



**Students and faculty attending online yoga session**

**Program officer**

NSS PROGRAMME OFFICER  
ADITYA ENGINEERING COLLEGE  
SURAMPALEM - 533 437

S.L.  
PRINCIPAL  
Aditya Engineering C-  
SURAMPALEM