



ADITYA ENGINEERING COLLEGE (A)

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

NATIONAL SERVICE SCHEME



Report on Awareness Programme on Yoga

Agenda: Enhancing Physical, Mental and health benefits through Yoga

Date: 21-06-2019

Venue: Aditya Sports Ground, Aditya Hostels (Boys & Girls)

No.of Participants: 106

Chief Guest: Master Lanka Satyanarayana, Yoga Trainer.

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

Mr.R.Gnana Virgin, Asst.Prof., Dept. of ECE,

Mr.J.Rajashekar, Asst.Prof., Dept. of ME

About the Activity:

The NSS Unit of Aditya Engineering College (A), Surampalem celebrated the 4th International Yoga Day in the campus on 21-06-2019. In this activity, Master Lanka Satyanarayana addressed the gathering and explained the importance of Yoga in our daily Life. Master instructed everyone to practice yoga for a healthy life style. He said that in this present work life balance doing yoga is the big relief from the physical and mental stress. The staff and students actively participated in the activity.

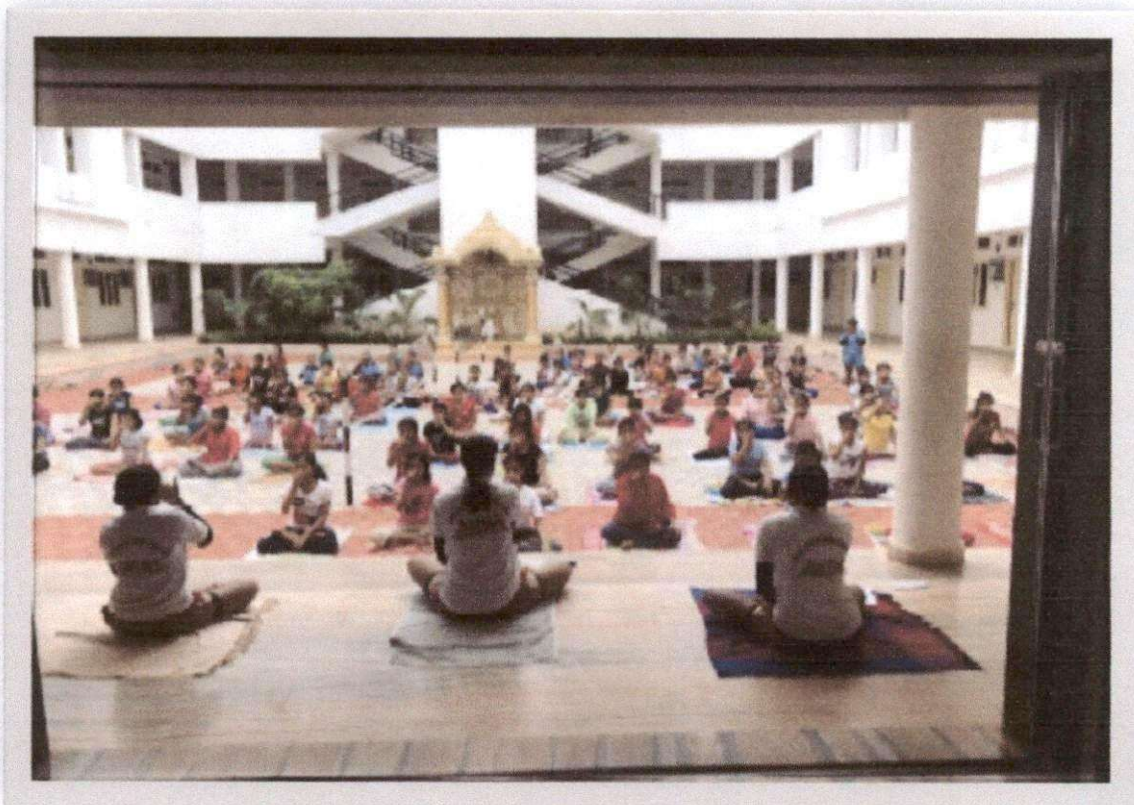
Outcomes:

- Students came to know the health benefits through Yoga.
- Students understood the importance of healthy life style.
- Participants come to know how to get Relief from the stress through Yoga and meditation.

Photos of the Event



Welcome banner for Yoga Master Lanka Satyannarayana



Students participating in Yoga



Students participating in Yoga


Programme officer

NSS PROGRAMME OFFICER
ADITYA ENGINEERING COLLEGE
SURAMPALEM - 533 437


PRINCIPAL
Aditya Engineering College
SURAMPALEM