



K.S.R.M. COLLEGE OF ENGINEERING

(AUTONOMOUS)

Kadapa, Andhra Pradesh, India – 516 005

A REPORT

ON

INTERNATIONAL YOGA DAY

21ST JUNE -2021

INTERNATIONAL YOGA DAY is celebrated on 21st June, every year across the globe. This concept was proposed by our Honorable Prime minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; Thought and action; Restraint and fulfillment”.

INTERNATIONAL YOGA DAY aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free life.

Sri. J.Sureshbabu, Assistant Professor and the coordinator of NSS Unit of the college & Sri. D.Mallikarjuna Reddy, Dept. of H&S, organized International Yoga Day event in the college programme. **Dr.R.RanganathaReddy** Founder & Director of **Mithra Yoga centre**, attended the programme as the chief guest. On this occasion, he demonstrated the faculty and the students how to practice asanas specially Surya namaskars. Warm up exercises were done by the staff and students. They also performed sitting and standing asanas in the presence of the Yoga trainer. During the programme, Dr. Ranganatha Reddy explained the Importance of yoga asanas and meditation for stress free life.

Sri. Kandula Chandra Obula Reddy, Management member of Kandula group of institutions, attended the programme as the special invitee. He spoke to the Staff and students. He insisted the importance of fitness in the present day life. Yoga is the only way to everyone for physical, Mental and spiritual strength, he added. **Smt. Kandula Swetha**, Management member of Kandula group of institutions, addressed the yoga is the most effective way of connecting our soul to god and it gives immense serenity and peace to the person to undertake daily struggles in a healthy manner.

Dr.V.S.S.Murthy, Principal asked the staff and the students to make the habit of practicing Yoga in their lives. Yoga makes everyone to be fit both physically and mentally. **Dr.I.Sreevani**, HOD of H&S, in her address, revealed that yoga brings balance between mind, body and soul. She concluded that yoga helps us to understand the purpose of life and how to survive in the changing of the environment. In this event all HOD’S are participated.

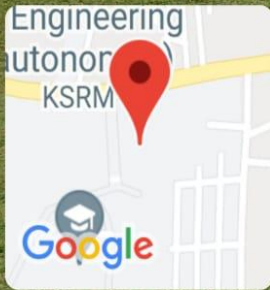
Regular practice of yoga will definitely help us to attain a better life filled with physically, mentally and spiritually fit.

The event concluded with Vote of Thanks conveyed by K.Eswar Reddy, Faculty of H&S

The Faculty of H&S

Dept. of H&S, K.S.R.M.C.E,

Cuddapah.



Krishnapuram, Andhra Pradesh, India

KSRM Volley Ball Court, Krishnapuram, Andhra Pradesh 516003, India

Lat N 14° 28' 43.6692"

Long E 78° 45' 58.3812"

21/06/21 09:44 AM



Staff & Students performing yoga asanas



Surya namaskars Practice



Sri Kandula Chandra Obula Reddy, Management member Kandula group of institutions, Addressing the gathering on the occasion of **"INTERNATIONAL YOGA DAY"**



Felicitation: Management members **Sri Kandula Chandra Obula Reddy**, **Smt K. Swetha** along with **Principal** Felicitating to **Dr.R.RanganathaReddy** Founder & Director of **Mithra Yoga centre**.