



## **M.V.S.R. ENGINEERING COLLEGE**

(Affiliated to Osmania University, Hyderabad)  
Nadergul(P.O.), Hyderabad-501510

### **INTERNATIONAL YOGA DAY -2019**

21-06-2019

For yoga day celebrations, the Chief Guest was ANUP KUMAR MANDAL Assistant General Manager, Midhani, Guest of honor Dr. G.Kanaka Durga Principal, and Invitees Dr. Narender Reddy., MBBS (MVSREC). The programme was organized by Physical Education Department in presence of Dr. N. Srinivas (PED) and Dr. A.V. Krishna Prasad (CSED). Around 125 participants were participated in Yoga Day Celebration.

The Guest addressed the gathering about yoga and its importance for daily life. All participants practised yoga, Surya Namaskarams, Pranayama and Meditation Under the guidance of Anup Kumar.

Dr. Narendar reddy addressed the participants about health issues if we perform by doing daily, yoga practice can control diabetics and other health issues.

Principal addressed the gathering and explained the importance of meditation, mudras, thought process, improving the memory power and controlling the mind.

Activities done - International yoga Day celebrations - Practising Yoga, Asanas, Pranayama, Meditation and Pledge.

Number of Participants	
Staff/ Faculty	20
Students	103
Total	123



