



# TIRUMALA ENGINEERING COLLEGE

An ISO 9001:2015 Certified Institution, Accredited by NAAC & NBA

(Approved by AICTE & Affiliated to JNTU Kakinada)

Jonnalagadda, Narasaraopet Guntur - 522601, Dist. A.P. Website:tecnrt.org. E-mail:tecnrt@gmail.com

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## NSS UNIT TEC

## YOGA DAY CELEBRATIONS



*DATE: 21.06.2020*

*LOCATION: TIRUMALA ENGINEERING COLLEGE*

*NUMBER OF PARTICIPANTS: 52*



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Yoga is an art, a science and a philosophy. It touches the life of man at every level, physical, mental, and spiritual. It is a practical method for making one's life purposeful, useful and noble. It enables every part of the human system to become attuned to its essence, the conscious seer within.

Yoga alone enables the practitioner to perceive and experience the world within and around himself, to touch the divine joy of all creation, and then to share that nectar of divine wealth and happiness with his fellow beings.

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing.

A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties.

1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you with a supportive community.
9. Yoga promotes better self-care.
10. Boosts your immune system functionality



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## 11. Maintains your nervous system

Tirumala Engineering College believes that yoga will definitely help the faculty and students of its institution in many ways such as given the above. Certain yoga positions can help support, balance and boost the immune system. It can also help fight oxidative stress which poses a risk to the healthy cells. If done regularly, yoga reduces stress systemically in the body, which in turn, cuts down inflammation and degeneration. Hence, NSS Unit of TEC will organize this type of yoga camps to faculty and students periodically. Eminent resource persons will be invited for live sessions in the campus itself. Staff and students will participating in a large number with interest and enthusiasm. These programs will help to them to reduce their stress in dialy life and make the to live a healthy life. Yoga will be suitable to all age groups. Everyone can participate in this type of programs and they will practice them regularly which will give mental peace and boost their immunity levels.



Faculty of Tirumala Engineering College ara participating in Yoga day Camp



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Involvement of members during the yoga day camp



Trainer giving instructions to faculty members on yoga