



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com

A REPORT ON Yoga and Meditation Program

NSS UNIT TEC



A REPORT ON Yoga and Meditation Program

LOCATION: TIRUMALA ENGINEERING COLLEGE

NUMBER OF PARTICIPANTS: 300

DATE: 21-06-2022

ACADEMIC YEAR 2021-22



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com

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.

Tirumala Engineering College is having an understanding and a good relation with Art of Living organization where every time the trainers visit the college campus and conducts various programs related to yoga. Our principal Dr.Y.V.Narayana garu personally believes that yoga reduces the stress and it creates a way to focus on the work. Three Yoga gurus visited the college on 21.06.2022 to make practice with the students.

On this occasion, the trainers 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. The trainer tells that 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. 300 members of students divided into 3 groups each with 100 group and 3 trainers train the 3 groups in different seminar halls.



Our Principal Dr.Y.V.Narayana garu interacting with Yoga Guru on the occasion



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Our Principal Dr.Y.V.Narayana garu address the students on Yoga program





TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com

Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Principal sir giving guidelines in practice yoga for faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecrt@gmail.com



Yoga gurus making practice with faculty and students



Yoga gurus making practice with faculty and students



TIRUMALA ENGINEERING COLLEGE

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

(Approved by AICTE, New Delhi & Affiliated to JNTU, Kakinada)

Jonnalagadda, Narasaraopet, Guntur Dist. - 522601 web : www.tmecnrt.org Email : tecncrt@gmail.com



Principal sir guiding the students in practice yoga by faculty and students