









Name of the Program: Yoga day celebrations

Date: 21-06-2022

Number of NSS Volunteers: 100

SUBMITTED BY NSS UNITS 1&2 Tirumala Engineering College

SUBMITTED TO

JNTUK NSS CELL

JAWAHARLAL NERHU TECHNOLOGICAL UNIVERSITY KAKINADA-533 003

Name of the College	Tirumala Engineering College
Address	Jonnalagadda Village, Narasaraopet Mandal
	Palnadu Dist, Andhra Pradesh
Name and details of Principal	Name: Dr.Y.V.Narayana
	Contact Number: 9440453866
	Mail id:tecnrt@gmail.com
Name and details of NSS Programme	Name: Mr.D.Hanumantha Rao / Dr.K.Kanthi
Officer	Kumar
	Contact Number: 9052966526 / 9949311310
	Mail id: tecnssuit1@gmail.com /
	tecnssunit2@gmail.com
Total No. of NSS Units	02

Co-ORDINATOR, IQAC
TIRUMALA ENGINEERING COLLEGE
JONNALAGADDA, Narasaraopat,
Guntur(DI)., Pradesh-522

Programme Officer
N.S.S. UNIT
TIRUMALA ENGINEERING COLLEGE
JONNAL AGADDA, Narasaraopal

Signature of the Programme officer

PRINCIPAL
TIRUMALA ENGINEERING COLLEGE
JONNALAGADDA (V), NARASARAOPET

Signature of the Principal

NSS Unit Code	90214705, 90214728
Event Type	Sensitizing students
Title of the Event	Yoga day celebrations
Event Start Date:	21/06/2022
Event End Date:	21/06/2022
Number of participants	100 Students
Description	Under Sensitizing students program initiative Tirumala Engineering College Unit 1 & 2 conducted Yoga day celebrations program in TEC Campus. Principal Dr.Y.V.Narayana garu, NSS Programme Officers Mr.D.Hanumantha Rao and Dr.K.Kanthi Kumar, Teaching and Non- Teaching staff, 100 NSS student volunteers attended the programme. 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 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.

Photographs of the event



Yoga Guru Guiding the students in Yogga Asanas



Yoga Guru Guiding the students in Yogga Asanas





Students participating in Yoga Asanas



Students participating in Yoga Asanas



Students participating in Yoga Asanas



Students participating in Yoga Asanas





