



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



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 NEHRU 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 Officer	Name: Mr.D.Hanumantha Rao / Dr.K.Kanthi Kumar Contact Number: 9052966526 / 9949311310 Mail id: tecnssuit1@gmail.com / tecnssunit2@gmail.com
Total No. of NSS Units	02

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	<p>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.</p> <p><i>Yoga</i> 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.</p> <p>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.</p>

Photographs of the event



Yoga Guru Guiding the students in Yogga Asanas



Yoga Guru Guiding the students in Yogga Asanas



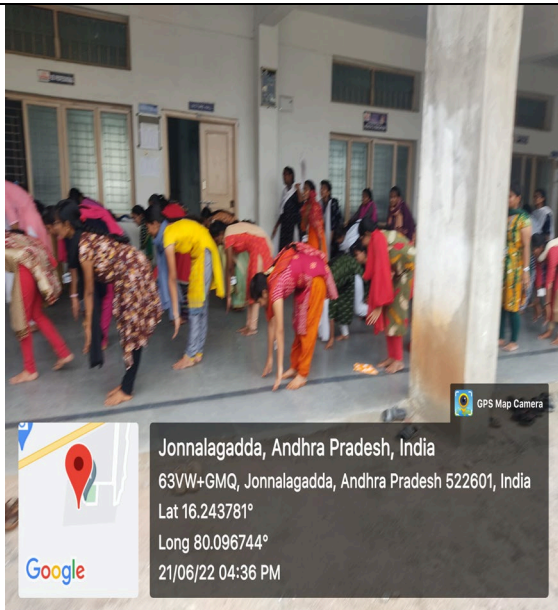
Students participating in Yoga Asanas



Students participating in Yoga Asanas



Students participating in Yoga Asanas



Students participating in Yoga Asanas



Students participating in Yoga Asanas