



VALLURUPALLI NAGESWARA RAO VIGNANA JYOTHI INSTITUTE OF ENGINEERING AND TECHNOLOGY

International Yoga Day

An invaluable gift of ancient Indian tradition, Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfilment; harmony between human and nature, and a holistic approach to health and well-being.

Due to Hon'ble PM Shri Narendra Modi's relentless efforts, June 21 was declared as the International Yoga Day by the United Nations General Assembly. In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life. The wider dissemination of information about the benefits of practising Yoga would be beneficial for the health of the world population." This infused an era of holistic health revolution in which attention was given more to prevention rather than the cure.

On the occasion of International Yoga Day, VNR VNRVJIET yoga sessions in the college campus so as to mark the importance of practicing Yoga in day to day life. Faculty and students participate in the sessions organised and practice yoga in every day life.

The Yoga Sessions have included Pranayama, Sukshma Vyayama, Suryanamaskaras, Different Asanas, Meditation and Yoga Nidra. Skilled Yoga Practitioners demonstrated the Yogasanas. In addition to the sessions events will be organised every year on International Yoga Day in the college campus.

Best Participation Certificates and Prizes have been given to Staff and Students.

To create awareness as well as to add value to the day, a Yoga Exhibition on Yogic posters has been arranged in the Hall and several banners, promoting Yoga, have been displayed in the campus.

Also, an online essay competition was organized to create and promote Yoga consciousness.

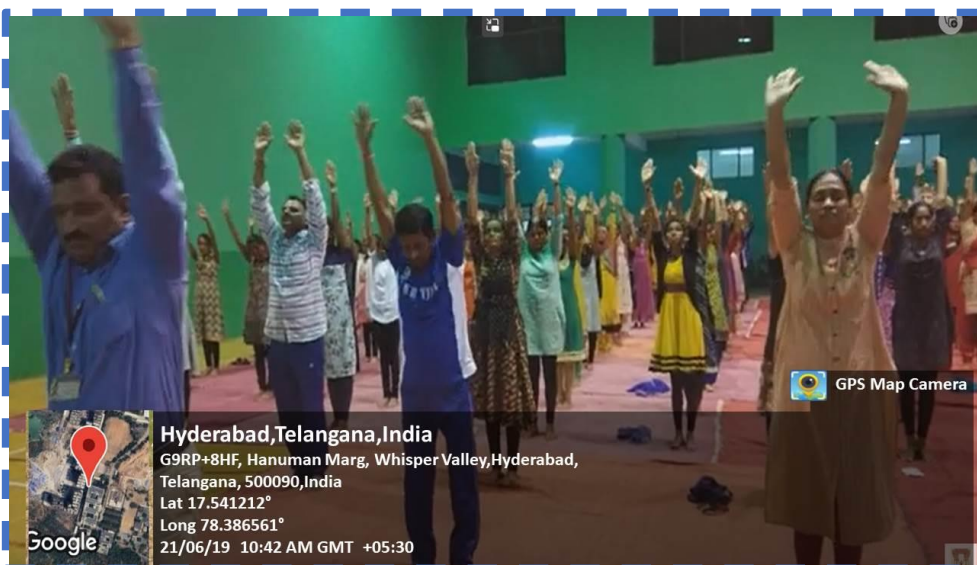
Dr.C.D.Naidu, Principal, Dr.B.Chennakesava Rao, Director-Advancement & Dean Admin, Dr. B.Narendra Kumar, Dy. Dean/Fin. & Admin, VNRVJIET distribute prizes and certificates to the participants.

Details of activities are:

- Yoga session comprising of Pranayama, Sukshma Vyayama, Suryanamaskaras, Different Asanas, Meditation and Yoga Nidra
- Poster presentations
- Essay competition

Few Glimpses of Faculty and students' participation in International Yoga Day organized in VNR VJIET:





Link for International yoga day celebration sin VNR VJIET 2019
[International yoga day 2019|| VNRVJIET||Hyderabad - YouTube](#)