



64

POTTI SRIRAMULU CHALAVADI MALLIKHARJUNA RAO
COLLEGE OF ENGINEERING & TECHNOLOGY

Approved by AICTE, NEW DELHI and Affiliated to JNTU, Kakinada

Sponsored by : SKPVV Hindu High Schools Committee, Estd : 1906

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Date: 21-06-2019

INTERNATIONAL YOGA DAY CELEBRATIONS

Venue: Room No-17, PSCMRCET

The objective is to gain balance and control in one's life and to free one from confusion and distress. To provide a sense of calm that comes from the practice of yogic exercises and the practice of breath control.

On 21-06-2019 NSS Unit of PSCMR CET organised "Mass Yoga Day Celebrations" on the occasion of International Yoga Day. NSS Volunteers, students and faculty participated in Yoga demonstration programme.

K. Samba Siva Rao, from Datta Kriya Parichayam Sadana demonstrated yoga and students and faculty were followed it.

Dr.P.S.Srinivas, HoD, Mechanical Department delivered a session on benefits of yoga to students.

Dr. K Nageswara Rao,Principal addressed that the purpose of yoga is 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 existence.