

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
(UGC - AUTONOMOUS)

Report on
Second International Yoga Day Celebrations - 2016
Organized by NSS Cell - MITS
21 June 2016



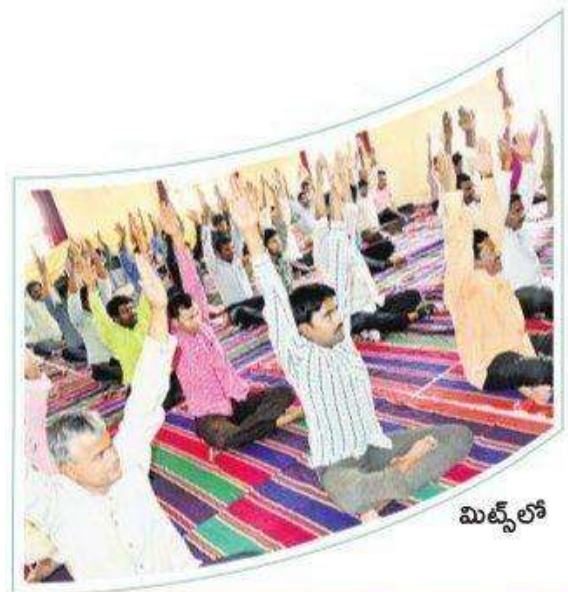
Submitted by: Dr. N Kumara Swamy, Dean - Recognised Research Centre

Second International yoga day was celebrated at MITS, Madanapalle on 21st June 2016. On this occasion eminent people from MITS shared and cherished their experiences. Dr Ram Kumar vice principal said that Yoga is an invaluable gift of ancient Indian tradition. He narrated various events caused to celebrate International Yoga day all over the world. Dr Rama Prasad Rao, Dean (IIC) said that Yoga is the best medicine to solve problems and to keep away from diseases. Dr S. Prabhakar Dean (PG Programmes) shared his experiences with their colleagues in U.K regarding to Yoga practices. Dr N. Kumaraswamy, Dean (RRC) and Coordinator, Yoga & Meditation Club, who is the trainer for Yoga, said that Yoga is not an exercise but to discover the sense of oneness within ourselves and with the world and nature. He explained the benefits of Yoga to maintain good health and to achieve goals in one's life. At the end of the session he taught the faculty, Research scholars and students about different yoga Asanas, Surya Namaskaram and Pranayama.

Paper Clips:

కురబలకోటలో..

మండలంలోని అంగళ్లు మిట్స్, ఎస్వీటీఎం, విశ్వం కళాశాలల్లో మంగళవారం యోగాడే జరిగింది. విద్యార్థులు, అధ్యాపకులు ఉత్సాహంగా పాల్గొన్నారు. అంతర్జాతీయ యోగాడేను పురస్కరించుకుని జరిగిన ఈ కార్యక్రమంలో వక్రలు మాట్లాడుతూ విద్యార్థులు సక్సెస్ కావడానికి యోగా తోడ్పడుతుందన్నారు.



మిట్స్ లో