

# K.S.R.M. COLLEGE OF ENGINEERING

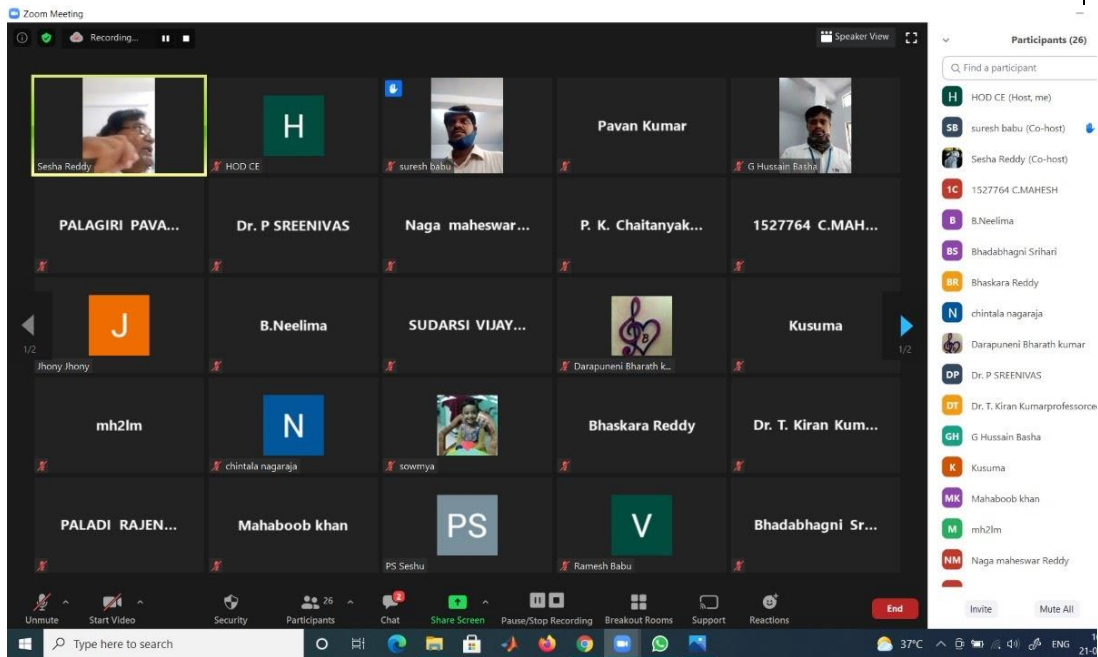
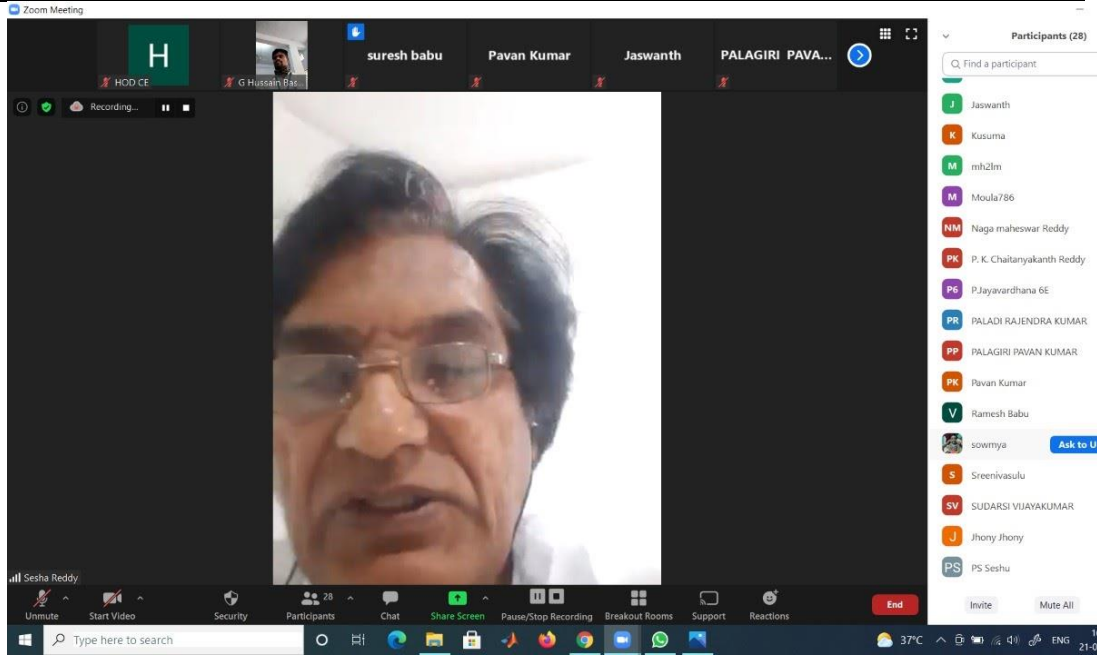
(AUTONOMOUS)

Kadapa, Andhra Pradesh, India- 516 003

**N.S.S-UNIT**

## ACTIVITY REPORT

<b>Name of activity</b>	<b>International Day of Yoga</b>			
<b>Organizers</b>	KSRMCE-NSS CELL			
<b>Venue</b>	Online mode	<b>No. of participants:</b>	Faculty	Students
			40	00
<b>Date</b>	21.06.2021	<b>Time:</b>	4:00 PM to 5.00 PM	
<b>Brief report on activity</b>	<p>International Day of Yoga was celebrated at KSRMCE on 21<sup>st</sup> June, 2021. Yoga Guru Dr. G.V. Sesha Reddy explains to the faculty the importance of yoga and asanas. Yoga is regarded as one of the most effective methods of establishing a connection between the body and mind by Indian sages since time immemorial. It is a type of exercise that is performed through diet, breathing and physical posture for the relaxation of body and mind.</p>			
<b>Photographs</b>				



**NSSPO**  
**(Sri J. Suresh Babu)**

**Principal**  
**(Dr. V. S. S Murthy)**

