



**MADANAPALLE INSTITUTE OF
TECHNOLOGY AND SCIENCE**
UGC-AUTONOMOUS
INTERNATIONAL YOGA DAY
On 21st June 2023

Objective: To promote good mental and physical health of people through yoga.

International Yoga Day is observed every year on 21st June, 2023 in order to create an awareness on yoga and practiced yoga spiritual prowess that yoga has brought to the world. Yoga is a physical mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

We at **MADANAPALLE INSTITUTE OF TECHNOLOGY AND SCIENCE** organised by **NSS Cell-MITS** in association with **NCC** and **YOGA CLUB MITS**, celebrated International Yoga Day on June 21st, 2023, with great enthusiasm. A special activity was conducted for the 150 plus Students and faculty members. The 150 plus students had their Yoga session for about 45 mins and the faculty members had their's for about 20 mins.

The benefits of the postures were narrated by the **YOGA CLUB** side by side as Students and faculty members performed with the instructions. All the students and faculty members are participated eagerly by following the instructions.

**Below are the different asanas that were performed by
the students and faculty members:**

- Bhujangasana Or Cobra Stretch Pose.
- Padmasana or Lotus Position Pose.
- Parshvottanasana or Intense Side Stretch Pose.

- Tadasana or Mountain Pose.
- Vrikshasana or Tree Pose.
- Surya Namaskar or Sun Salutation Pose.
- Sarvangasana or Shoulder Stand Pose.

The celebration concluded with some breathing techniques and, the students and faculty members were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.

In this Program Dr. M Lakshmana Rao, HoD ME, Dr. Naveen Kumar, HoD MCA and NCC Coordinator, Dr. Dhamodharam, PD and Mr. P Rajesh, NSS PO are participated and practiced YOGA.



Reported by
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