



## National Service scheme Jawaharlal Nehru Technological University NSS Cell 3<sup>rd</sup> International yoga day celebrations

NSS Cell JNTUH organized one day workshop on “yoga for youth” with the collaboration of samskruthi foundation in CRC Seminar hall, JNTUH on 17-06-2017 from 10:00 am to 04:00 pm. As a part of international yoga day celebrations, one day workshop on yoga for youth organized for the students of various colleges affiliated to JNTUH. Eminent speakers presented their lectures on yoga and they explained the importance of yoga for youth.

The program is inaugurated by hon’ble registrar Dr. N. Yadaiah garu and Principal of JNTUCEH, Dr A. Govardhan garu, Mr. WD. Prasanna Kumar garu, Chairman, NCRI (National council for Rural Institutes), Telangana, Dr. P. Samu Lal, NSS Co-Ordinator, JNTUH and Mr. Chandu Rao, secretary, Samskruthi foundation.



Dr P. Samu Lal said that yoga is unknown miracle. Yoga leads to a healthy developments in body and decreases many deceass.

Dr. A. Gavardhan shared his experience that yoga is very much useful in reducing the stress and yoga needs for every citizen. Human body is most sophisticated equipment in earth. Every human should serve the others.



Dr. Yadaiah told that Yoga is used for controlling the brain, breathing system. Yoga will flexibility to body.

Mr. WD Prasanna Kumar shares his experience that he reduced 9 kgs in 6 months due to yoga. Yoga is very good for controlling the body and mind. Yoga creates opportunity to control body.

Eminent speakers share their talks on yoga.

1. Behaviour and stability by Dr Naga Lakshmi
2. Yoga Practice by Dr. Venkar Reddy, Rtd Professor in Chemistry, OU
3. Self Esteem Talk by Dr. C. V. Rao
4. Success in life by Dr. Madhavi Latha, CEO, Vibrant Hospitals
5. Team from Pathanjali



Velidictory function was conducted with Dr. N.V Ramana Murthy Garu, Rector of JNTUH as a chief Guest and he shares his views on yoga that JNTUH is creating awareness on yoga. Yoga manages stress and reduces stress. He distributed the certificates to all the participants.