

21 st June, 2017: International Yoga Day:

On the occasion of International Yoga Day, NSS and Physical Education department together organised an event in RGUKT, RK Valley on 21 st June, 2017. The event was witnessed by Honourable Director of RK Valley Prof G. Bhagavannarayana, Director of Ongole Prof E. Viswanatha Reddy, Administrative Officer Dr. Amarendra Kumar Sandra, Prof. K. Venugopal Reddy, Prof. KLN Reddy, Student Welfare Officer, Prof. Lakshmi Narsappa, NSS coordinator M. Bhaskaraiah, NSS officers Koteswari, Meenakshi, Physical Education Officers, Shamshad Bhegam, Obaiah, Ramana, faculty and the volunteers. The Director initiated the programme and addressed to students regarding the importance of yoga in our daily life. Authorities and the physical education officers explained students about physiological and the psychological benefits of yoga and also about the importance of some basic asanas which reduce stress and provide mental relaxation.

After this, Physical Education officer, Shamshad Bhegam guided the students in doing some asanas like Vrukshasan, Thadasan, Padmasan and also of breathe related like Bhramarasan. The session was closed after meditation





NSS and Physical Education Department together at International Yoga Day celebrations in RGUKT, RK Valley.



Students performing different yoga asanas.