

INTERNATIONAL YOGA DAY CELEBRATION

The 3rd International Day of Yoga was celebrated on 21st June 2017 at Sree Vidyanikethan College. A session on yoga was led by Art of Living trainee Dr. M.S. Sujatha, Professor, EEE Department, Sree Vidyanikethan Engineering College.



Dr. M.S. Sujatha, demonstrating asana



All the faculty members and students practicing different asana



Students administering oath on International Yoga day

Engineering students along with faculty members and staff have happily participated and practiced different yoga postures like Vrikshasana, Uttanaasana, Trikonasana,

Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, and finally ended with Pranayama and meditation.

Three day Workshop on Yoga

A Three day workshop on Yoga is organized in collaboration with the Art of Living foundation Tirupati from 08-06-2016 to 10-06-2016 at T.Gopala Rao Auditorium in Sree Vidyanikethan Engineering College.



Art of Living teachers are giving instructions to the members



All the faculty members and students are performing meditation



All the faculty members and students are performing yoga



All the faculty members and students are performing Butterfly asana