

**A REPORT**  
**ON**  
**6<sup>th</sup> INTERNATIONAL YOGA DAY CELEBRATIONS**  
**21 June 2020**

**Online Yoga Workshop**

**Number of Volunteers Participated : 150**

**Number of Faculty Coordinators involved : 05**



The poster features four logos at the top: National Service Scheme (NSS), Sree Vidyanikethan Engineering College (Autonomous), The Art of Living, and IEEE Women in Engineering (WIE) SBA62331. The text in the center reads: 'ONLINE YOGA WORKSHOP on the occasion of INTERNATIONAL DAY OF YOGA 2020 (Theme: Yoga @ Home and yoga with family) 19-06-2020 to 21-06-2020 (11:00 AM to 12:00 PM) Organized by NSS UNIT , IEEE WIE Affinity Group and Women Empowerment Cell Under the Expert guidance of Sri.S.V.Suresh (The Art of Living) Chittoor and Nellore District area yoga teachers coordinator SREE VIDYANIKETHAN ENGINEERING COLLEGE Sree Sainath Nagar, A.Rangampet, Near Tirupati, Andhra Pradesh - 517102.'

On the occasion of 6<sup>th</sup> INTERNATIONAL YOGA DAY 2020, an ONLINE YOGA WORKSHOP was organized with the coordination of NSS unit, IEEE WIE affinity group and women empowerment cell of Sree Vidyanikethan Engineering College from 19.06.2020 to 21.06.2020 under the guidance of Sri S.V.Suresh, coordinator of Chittoor and Nellore yoga teachers, Art of Living.

The workshop was conducted on the theme of “YOGA @ HOME AND YOGA WITH FAMILY”. As we all know the whole world is in Corona pandemic situation and facing mental and physical health problems. Yoga is the best art and

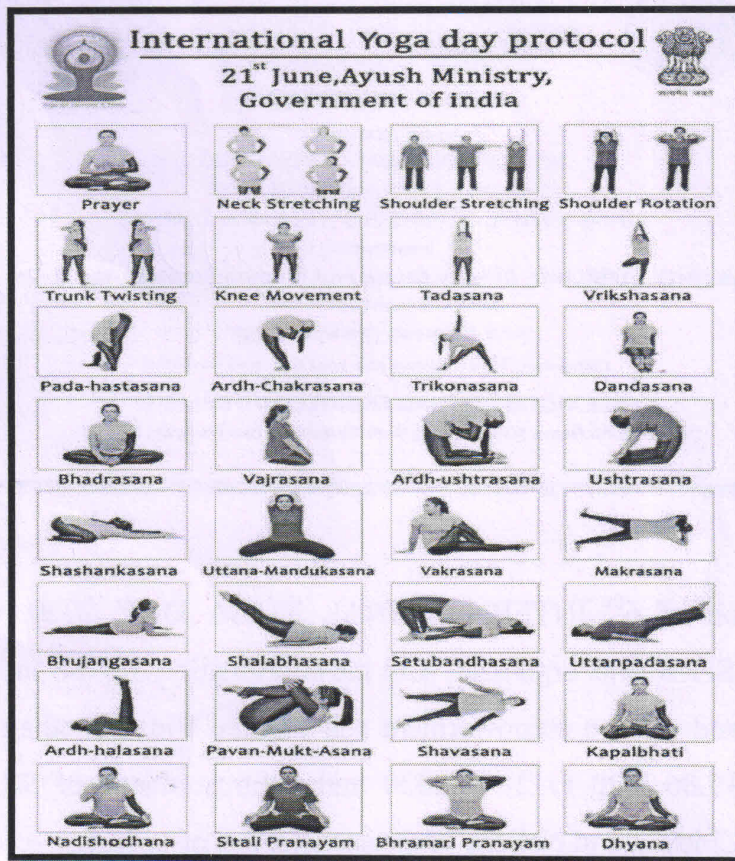
tool to balance the health. It combines our body & mind and makes us healthy. The trainer Sri S.V.Suresh taught basic yoga postures, pranayama, and meditation techniques. He demonstrated the asanas in such a way that they reach new learners easily. Due to pandemic, the workshop was conducted through online. A number of students and faculty participated actively in the workshop through YouTube live and Zoom meeting, and made the event a grand success. E-certificates were provided to all the participants.

**YOUTUBE LIVE LINKS**

**DAY 1:** <https://www.youtube.com/watch?v=rjtsDPcrDyM>

**DAY 2:** <https://www.youtube.com/watch?v=rjtsDPcrDyM>

**DAY 3:** <https://www.youtube.com/watch?v=QKAd16wMLSc>



**ASANAS PRACTICED DURING YOGA SESSIONS**

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