

“8th INTERNATIONAL YOGA DAY - 2022”

***Expert Lecture on
“YOGA FOR HUMANITY”***

**Under Women Empowerment Cell and IEEE-WIE Affinity Group
(21-06-2022)**

REPORT

Yoga is an integrated system of self-transformation whose ultimate goal is spiritual liberation or enlightenment, but which can also be used to attaining other benefits. Yoga is a physical, emotional, mental and spiritual discipline. It is also a way of life. The event was marked this year under the theme "**Yoga for Humanity**". Here's on account of **8th International YOGA day**, Women empowerment cell and IEEE WIE, along with the department of EEE, Sree Vidyanikethan engineering college organized an Expert Lecture on **YOGA FOR HUMANITY** for the benefit of undergraduates students, postgraduates students and faculties of various department and various institutions.

Dr. M.S. Sujatha, Convener Women Empowerment Cell introduced the speaker of the session and focused on the importance of yoga. The speaker of the session was **Sri. S.V. Suresh**, Art of Living, Chittoor and Nellore District area Yoga Teachers Coordinator who have enlightened the students and faculties on 21-06-2022 in Indoor-Auditorium at 9.30 am.



Participants during session

Sri.S.V.Suresh started the session with his views on YOGA, highlighting the importance of yoga in everyone's life. He also added that, while living a modern life, your brain is constantly engaged in endless thoughts and never rests in tranquility. As a result, you lack focus, skill and vitality. The yoga calms the brain and enhances its vital functioning. He added his personal experience after yoga in his life.

Regular practice of yoga has shown effective results. Different asanas boost immunity, build the body's strength, increase energy levels, bring down anxiety and stress, infuses positivity and freshness in the mind. Lack of sleep, poor nutrition, and life stress all lead to a weakened immune system and vulnerability to sickness. Stress, more than anything, leads to a breakdown in the body's ability to defend itself against bacteria and viruses.



Sri. S.V. Suresh, addressing the gathering



Participants during session



Felicitating the speaker by Dr. M.S. Sujatha and other coordinators
Around 250 participants have participated in the expert lecture and got benefited.

Details of Speaker

Sri. S. V. Suresh
Art of Living faculty,
Tirupati.

**Convener
Women Empowerment Cell**