



MALLA REDDY ENGINEERING COLLEGE



(AUTONOMOUS)

NSS UNIT I & II

INTERNATIONAL YOGA DAY

21st June 2021

Yoga at Home
&

Yoga with Family

Venue : College Campus

Date : 21/06/2021

Yoga is a wonderful solution for various ailments that arose because of modern life style, remarked Director Dr. Ramaswami Reddy. International Day of Yoga is celebrated at Malla Reddy Engineering College - Main campus on Monday. Addressing the participants on this occasion, Dr. Ramaswami Reddy informed that countries across the world are showing keen interest in learning Yoga, looking at the prominence of it. Even the UNO declared June 21 as International Day of Yoga, he added. Yoga gains more significance in the current situation where all the countries are fighting with COVID 19, he informed. He saw a dire necessity to make yoga a part in the daily routine. In the backdrop of COVID19, few teaching and non teaching staff performed Yoga postures in the campus under the supervision of the Physical Director Mr. Kumar Babu, the Physical Director, maintaining proper social distance, informed Mr. N. Srinivasa Rajanish and Dr. D. Raja Reddy, the NSS Coordinators. Other enthusiastic students and staff participated in the event in online mode, they added.



