

**2018-19 file : 1**

| S.No | Date of the programme | Name of the programme | No. of participants | No.of Faculty involved |
|------|-----------------------|-----------------------|---------------------|------------------------|
| 1    | 21/6/2018             | Yoga programme        | 200                 | 30                     |

**YOGA DAY**



A Session on simple techniques to detoxify and benefits of yoga teacher Mr. Kondal Rao, Swapnika Reha team. Conducted for around 150 students. The main aim was impart knowledge on physical nan mental wellbeing by pranayama.