



NARAYANA ENGINEERING COLLEGE :: NELLORE
(Approved by AICTE, New Delhi & Permanently affiliated to JNTUA, Ananthapuramu,
ISO 9001-2015 Certified Institution, Recognized by UGC U/S 2(f) & 12(B) & Accredited
NAAC A+ & Ranked "A" grade by Govt. of AP)
Narayana Avenue, Muthukur Road, Nellore-524004
www.necn.ac.in



DEPARTMENT OF PHYSICAL EDUCATION

3-DAYS WORKSHOP





Date: 19-9-2019 to 21-9-2019

Title: Three Days Workshop on Yoga

**Resource Person: Mrs.JK.Swapna, Nayago education Trust,
Mr.T S Yagnesh Singh, Nayago education Trust,**

Venue: Yoga Room

Number of participants: 63 Students + 9 Staff =72 Participants

Report

A three days yoga workshop was conducted at Yoga Room Narayana Engineering College,Nellore from 19-9-2019 to 21-9-2019. With a motto to help develop a healthy mind in a healthy body yoga class was conducted by T.S.Yagnesh Singh, and JK.Swapna QCI Certified yoga professionals, where he taught simple yet profound exercises and yoga postures. Which enable the participants to uniting the body and soul into one, practicing the act the manner explained will enable the individual become mentally and physically strong. By developing perfect harmony of body and soul, helps in self-healing removing to toxins from body and mind increase awareness, and even helps to improve the attention and focus of the participants, resource person explained.

This program was enjoyed by all the participation who have found the posture and techniques very useful to improve their health.

Physical Director

Principal



NARAYANA ENGINEERING COLLEGE::NELLORE

3 DAYS YOGA WORKSHOP

S.NO	Staff Name	Department	Stud. Signature		
			19-9-2019	20-9-2019	21-9-2019

PHYSICAL DIRECTOR

PRINCIPAL



NARAYANA ENGINEERING COLLEGE::NELLORE

Circular

Date:-12-9-2019

This is to inform all the staff and Students that “**3Days Yoga Workshop**” classes will be conducted in our college from 19-9-2019 to 21-9-2019 at Yoga Room. Interested Students and Staff can give their names to our Physical Director on or before 17-9-2019. In present days yoga helps everyone to become physically and mentally strong.

Physical Director

PRINCIPAL

Copy to: Management Secretary, Director

HOD.CSE

HOD.EEE

HOD.EIE

HOD.ECE

HOD.MECH

HOD.CIVIL

HOD.FED

HOD.MBA

HOD.MCA

AO

Exam i/c

LIO

Professor i/c:NSS

Professor i/c:Events Management