



LAKIREDDY BALI REDDY COLLEGE OF ENGINEERING

(AUTONOMOUS)

Accredited by NAAC & NBA (CSE, IT, ECE, EEE & ME)

Approved by AICTE, New Delhi and Affiliated to JNTUK, Kakinada

L.B.Reddy Nagar, Mylavaram-521230, Krishna Dist, Andhra Pradesh, India

DEPARTMENT OF NATIONAL SERVICE SCHEME

Programme Name: 100 Days yoga Program

Date: 14-03-2021 to 21-06-2021

Venue: online participation

Brief Report

It has been tried and tested that practicing Yoga helps in the development of stronger physical and mental well-being. Due to the current pandemic situation, the essence of good health has been felt more by the masses. In present covid conditions daily yoga make every fit and healthy. The AICTE has taken an initiative of FIT India program to run 100 days yogs during pandemic condition from 14-03-2021 to 21-06-2021. As a part of this college NSS Unit and college yoga unit has taken an initiative to run 100 day yoga program by LBRCE students from their home. All the students have shown a keen interest in participating the yoga

Dr.P.Ashok Reddy, Programme Officer, NSS Unit, LBRCE and a few faculties were responsible for organizing this event successfully. Attendees have sent their photos while performing yoga from their home.

Snap Shots of the Program





(Dr.P. ASHOK REDDY)
NSS Program Officer

(Dr.K.APPA RAO)
Principal

Encl: Press Report

