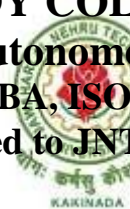




LAKIREDDY BALI REDDY COLLEGE OF ENGINEERING
(Autonomous)
(Accredited By NAAC and NBA, ISO 9001:2015 Certified Institution
Affiliated to JNTUK)



NSS UNIT

Name of the Program: International Yoga Diwas

Date of the Program: 21-06-2020

Activity Report

Due to Covid pandemic situation, As per the directions of Hon'ble Prime Minister of India Sri Narendra Modi, An "International Yoga Diwas" was celebrated by the NSS Unit through virtually on 21st June, 2020. This programme was planned in a way to bring in awareness among the students and the faculty, staff of LBRCE. The programme was initiated by Dr.K.Appa Rao, the Principal of LBRCE. He also gave an insightful speech on the need of Yoga in day to day living during Covid. The Yoga teacher Mr.P.Manikyalarao spoke extensively on different Asanas and their importance while demonstrating he explained the yogasanas for immunity enhancement and better health conditions towards Covid. Dr.P.Ashok Reddy, Programme Officer, NSS Unit, LBRCE, Students and a few faculties attended the virtual meet and performed the yogasans. The staff, faculty and students were also shown different Asanas during virtual mode.

Snap Shots of the Event



Dr.P.Ashok Reddy, NSS Programme Officer performing yogasanas



Student performing Yoga Asana



Yoga Master Mr.P.Manikya Rao guiding about yogaasanas



Student performing yoga mudras

(Dr.P. ASHOK REDDY)
NSS Program Officer

(Dr.K.APPA RAO)
Principal