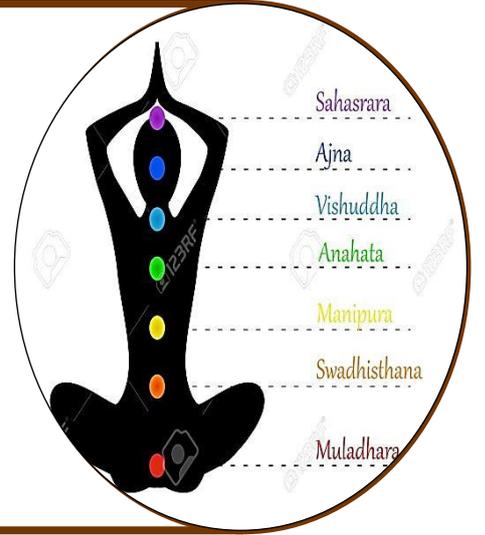


International Day of YOGA

21st June, 2018

Organized by
National Service Scheme
(NSS)



Inviting the Guests by Sri V. Seshagiri Rao,
Lecturer in Commerce



Dr. V. Narayana Rao, Principal honoured
with a bouquet



Sri T.V.V.R. Gandhi, President, Patanjali
Yoga Samithi, honoured with a bouquet



**Speech by Dr. V. Narayana Rao,
Principal**



**Sri T.V.V.R. Gandhi addressing the
students**



Resource Person & Students doing Yoga

International Day of **YOGA**

21st June, 2018

REPORT

Yoga a Comprehensive life style

Yoga makes life complete and comprehensive stated A.P President of Yoga Samithi Sri TVVR Gandhi. On the occasion of International Yoga Day the NSS wings of KBN College, Vijayawada organised a seminar on “Health with Yoga” on 21st June 2018 Thursday. Sri TVVR Gandhi was the chief guest of the program. He stated that yoga is not only a Bharatha dharma but also a part of our culture. It is a science which evolved since ancient times. It is a means to control the body by achieving control over the mind. Pranayama helps in improving our health. Modernization has affected the lives of people and society. Practising yoga cures all ills and evils in the society yoga is the solution to all the problems.

President of KBN College Committee Sri Vankadara Hema Chandra Rao stated that a positive attitude helps us to be free from stress. Principal Dr. V. Naryana Rao stated that Yoga is the panacea to modern society. In the whole world around 200 countries are celebrating International Yoga day which he stated highlights its importance. NSS Programme officers Sri V. Seshagiri Rao welcomed the guests and Sri J. Panduranga Rao proposed the vote of thanks.

