



A NAAC Accredited Institution
KINGS
COLLEGE OF ENGINEERING
Recognized under 2(f) & 12(B) of UGC
Approved by AICTE, New Delhi
Affiliated to Anna University, Chennai



HEALTH AND HYGIENE CLUB

Yogic guidelines for Healthy living

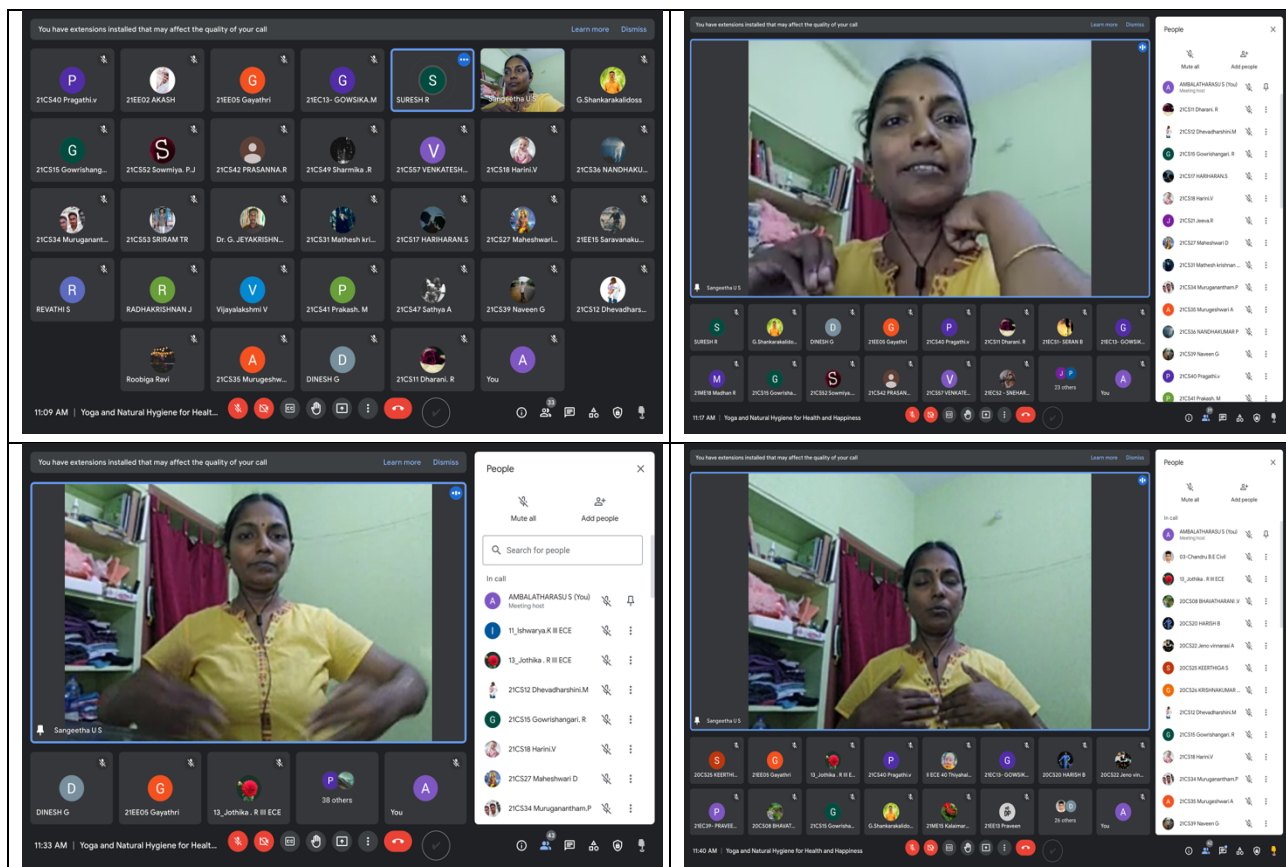
Date & Time: 21.05.2022 & 11.30 a.m

Report

Health And Hygiene Club of our college organized an awareness programme on 'Yogic Guidelines for Healthy Living' with the primary aim of leading a healthy life both physically and mentally through online mode. The programme witnessed participation of 150 staff members, students.

The event began with the welcome address by Mr.S.Ambalatharasu, AP/Physics. On this occasion Ms.U.S.Sangeetha M.Phil. (Yoga), M.Sc. (Yoga Therapy), D.Y.Sc.Ed. gave a detailed presentation on the benefits of practicing yoga regularly. She mentioned how practicing yoga would enhance our mental and physical health greatly. She also demonstrated various practices and insisted the participants to practice them regularly. After that she answered all the questions which were raised by the participants. The event concluded with thanks giving by Mr. Balaji, AP/Civil

GLIMSES OF THE EVENT



CO ORDINATOR

PRINCIPAL