



**DHANEKULA INSTITUTE OF ENGINEERING & TECHNOLOGY
GANGURU: VIJAYAWADA - 521 139**



**NSS CELL
EVENT REPORT**

Date	21-06-2024
Event Name	International Yoga Day Celebrations
Venue	DIET Auditorium
No of participants	223

DESCRIPTION

On June 21, 2024, DhaneKula Institute of Engineering & Technology hosted a successful practice session to celebrate International Yoga Day. Organized by the National Service Scheme (NSS) in collaboration with the Isha Foundation's Vijayawada branch, the event took place in the college auditorium starting at 10:00 AM. The session was led by Smt. Hari Chandana, a renowned Classical Hatha Yoga teacher. She guided students and staff through various yoga practices, including Naadi Shuddi and AUM meditation, illustrating their profound impact on physical health and mental well-being. Participants found the session to be invigorating and enlightening, gaining valuable insights into the numerous benefits of yoga. During the event, Smt. Hema, the Diploma Incharge, and the College Principal shared their perspectives on the importance of integrating yoga into daily life and emphasized how yoga can cultivate discipline, concentration, and stress management skills essential for their educational journey.

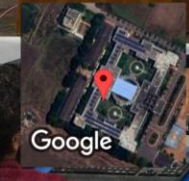
The practice session concluded on a positive note, with attendees expressing gratitude for the opportunity to engage in such a meaningful activity. The event not only fostered a sense of community but also reinforced the significance of yoga as a holistic practice for a healthier lifestyle.

Event Pictures:

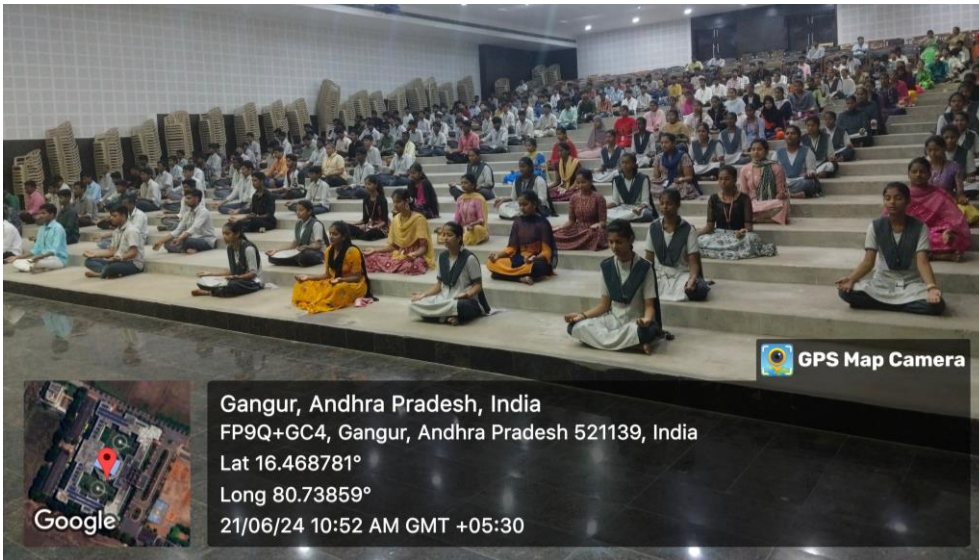




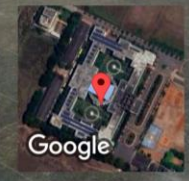
Gangur, Andhra Pradesh, India
FP9Q+GC4, Gangur, Andhra Pradesh 521139, India
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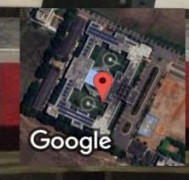
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