International Yoga Day Celebration at JBIET

8th International Yoga Day was celebrated on 21 June 2022 at J. B. Institute of Engineering and Technology with great eagerness and enthusiasm. The program was organised under the NSS Unit of JBIET in association with Oneness Yoga Challenge Organization, Hyderabad.
Around 60 volunteers along with the staff members participated in this celebration held in the Mining Block, JBIET.

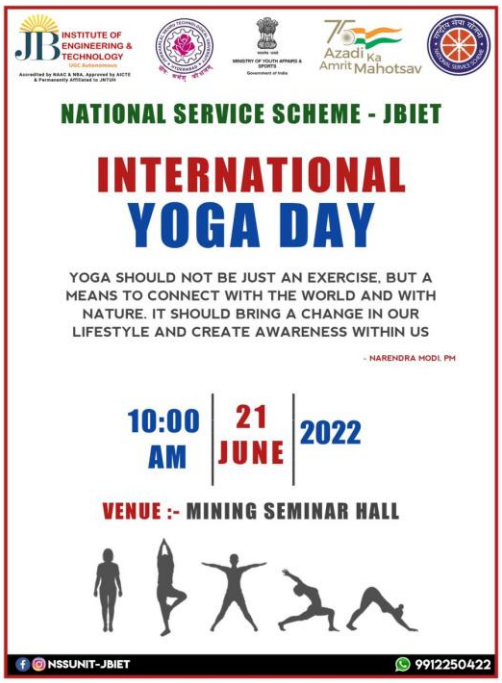
Our Principal Dr. P. C. Krishnamachary was the Chief Guest for the celebration. The program was coordinated by Mr. N. Thirupathi Rao, NSS Coordinator, JBIET. The function began with a brief introduction of Yoga Day which is a gift to the world by our Prime Minister, Mr. Narendra Modi who put forward the proposal for celebrating Yoga Day on International level on 21st June in United Nations General Assembly and was accepted by 193 Nations.

Principal Dr. P. C. Krishnamachary explained all the participants and NSS volunteers the importance of Yoga in the life of youngsters to maintain harmony between body and mind. He encouraged all the students and staff to practise yoga and meditation on a regular basis every day for at least 30 mins to achieve better mental and physical health.

Ms. Neetha Reddy and Mrs. Ramya, Certified Yoga Trainer, Oneness Yoga Challenge Organization, Hyderabad along with Mrs. Shobha Rani, and Dr. P. Subrhmanyam, Yoga Trainers, JBIET demonstrated various Asanas for the participants. The importance of all the asanas were also explained simultaneously by them. All the participants performed the Asanas and few warm ups enthusiastically.

Dr. Himanshu Sharma, Dean Admin, Dr. Sumagna Patnaik, Dean IQAC, Dr. B.V. Swarnalathamma, Dean (S&H), Dr. Ch. Veera Reddy, HOD, MIE, Mr. Vighnesh and Mr. Govardhan, Physical Directors, JBIET were also present for the International Yoga Day celebration.

Mr. N. Thirupathi Rao, NSS coordinator concluded the program by delivering vote of thanks. He thanked the Management, Principal, Head of the Departments, Deans for their support and efforts to make the program a huge success.


INSTITUTE OF ENGINEERING & TECHNOLOGY
Azadi Ka Amrit Mahotsav
NATIONAL SERVICE SCHEME - JBIET
INTERNATIONAL
YOGA DAY
YOGA SHOULD NOT BE JUST AN EXERCISE, BUT A MEANS TO CONNECT WITH THE WORLD AND WITH NATURE. IT SHOULD BRING A CHANGE IN OUR LIFESTYLE AND CREATE AWARENESS WITHIN US
- NARENDRA MODI, PM
10:00 AM
21 JUNE
2022
VENUE :- MINING SEMINAR HALL
NSSUNIT-JBIET
9912250422

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