

Yoga as a Tool for Life

By

**RAMAKRISHNA MISSION
Hyderabad
(21 June , 2019)**



Organized By

Department of Mechanical Engineering

MALLA REDDY COLLEGE OF ENGINEERING & TECHNOLOGY

(Autonomous Institution-UGC, Govt. of India.)

(Affiliated to JNTU, Hyderabad, Approved by AICTE-Accredited by NBA & NAAC -'A' Grade- ISO 9001:2015 Certified)

VENUE: MAIN AUDITORIUM.

Yoga as a Tool for Life was organized in Main Auditorium, by RAMAKRISHNA MISSION, Hyderabad, in MRCET COLLEGE. Dr.VSK Reddy, Principal has formally inaugurated the program and gave a brief about the benefits of Meditation. He also advised the faculty and students to focus on the academics and also insisted the students to go through the regular yoga and meditation.

Dr. M. AMARANADHAREDDY, HOD,MECHANICAL has given a short note on Meditation, suggested the students to have more concentration on Education & future technologies.

Resource persons from RAMAKRISHNA MISSION has advised all the students and faculty to have more concentration and relieve from the stresses and finding peace of mind by Meditation.

The total of 122 students were participated along with the faculty members of Mechanical department.

TOTAL STUDENTS: 122