

International Yoga Day Celebration 2017

3rd international yoga day was observed on 21/06/17 at MVJ College of Engineering. The sports department along with NSS Unit on the occasion organized a yoga training session at Rajalakshmi Seminar Hall between 9:00am to 11:00am for the staff members in which about 200 faculty activitively participated along with 340 students. The program was inaugurated by lighting the lamp by chief Guest Mr.MiteshTakkar, yoga therapist, Dr. N Gunasekaran, principal and prof. Brindha, Vice principal. In the inaugural address principal emphasized upon the need of yoga in day to day life.

The training session was led by Mr.MitishTakkar gave a briefing on various health benefits followed with practical session which included many yoga asana. All Staff performed the same as per the instruction of the trainer. The program was concluded with vote of thanks for the participants.



Chief Guest Mr.MiteshTakkar, yoga therapist, Dr. N Gunasekaran, principal and prof. Brindha, Vice principal



Staff of MVJ College of Engineering performing Yoga Asana on 3rd International yoga day Celebration.

N. Yuvana.
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