



ADHI

COLLEGE OF ENGINEERING & TECHNOLOGY

No.6, MunuAdhi Nagar, Sankarapuram, Near Walajabad,
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International YOGA Day Celebrations 21st June 2017

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day.”

-----UN General Assembly

At Adhi College of engineering and technology, International Yoga Day celebrations were coordinated by Youth Red Cross club under the leadership of Principal Dr.A.Devaraju, Coordinated by R.Thirumurugan.Asst.prof. of ECE. Students performed yoga under the instruction of K.P.Pugazhenthii and T.Karthikeyan yoga exponent from kanchipuram, demonstrated several asanas and also explained significance of every asanas.



Arul Nithi K.P.Pugazhenthii explaining the importance of Yoga



Arul Nithi T.Karthikeyan , Yoga Exponent demonstrating asanas



Principal.Dr.A.Devaraju received Memento from Arul Nithi K.P.Pugazhendhi



A.Sivakumar ,Asst.Prof. of English, organized the international yoga day celebration at Dr.Radhakrishnan, seminar Hall, ACET.