



GAYATRI VIDYA PARISHAD
COLLEGE OF ENGINEERING FOR WOMEN
Madhurawada, Visakhapatnam – 530 048
(Affiliated to JNTUK, Approved by AICTE, New Delhi)
NSS UNIT: 90214314



INTERNATIONAL YOGA DAY
(21/06/19)

“YOGA is a light which once lit will never dim, the better your practice the brighter your flame”



NSS unit of GVPCEW has organized a workshop on Yoga on the eve of **International Yoga Day 2019**. Mr. SV Satyanarayana, Yoga trainer of GVPCEW, was the main speaker of the event. He has enlightened the gathering with the importance and essence of Yoga in the life of a human being. Different **Yoga Asanas and Pranayama techniques** emphasized on this occasion.