



# MATRUSRI ENGINEERING COLLEGE

## Saidabad, Hyderabad

Dt . 21.06.19

On the eve of International Day of Yoga ISHA YOGA has organized a yoga session in college campus where students and staff have taken active participation in promoting the benefits of practicing yoga.

### Activities organized during the yoga session:

- Introduction to Yoga
- Isha Krea activities.
- Nadi Shuddhi
- Introduction to Yoga benefits.

- **Gallery of the list of activities organized on the occasion of International Day of Yoga in college campus on 21.06.2019 from 10.00 AM to 11.00AM.**



