



MOTHER THERESA INSTITUTE OF ENGINEERING AND TECHNOLOGY
Recognized by AICTE, New Delhi: Affiliated to JNTUA, Ananthapuramu
Melumoi Cross, Palamaner, Chittoor(Dist.) – 517408



Palamaner,
Date: 14/06/2019.

To
The Principal,
MTIET,
Palamaner.

SUB: Request to conduct the yoga and meditation class on international yoga day reg-

With the subject cited above, the physical director is kindly bring to your kind notice to Conduct the yoga and meditation class on international yoga day on 21/06/2019 In this connection the undersigned is requesting to grant the permission to organize the mentioned program for the students.

Please consider with prior hierarchy.

Thanking you,

Copy to:

Dept. file

OK

14/6/19

PRINCIPAL
Mother Theresa Institute of
Engineering & Technology
PALAMANER - 517 408.


PHYSICAL DIRECTOR
Physical Director
Mother Theresa
Institute of Engg. & Tech.
Palamaner - 517 408.



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YOGA AND MEDITATION

Ref.: MTIET/YM/CIR/2018-19

Palamaner
Date: 15/06/2019.

CIRCULAR

This is here by informed to the students that the college is interested to conduct the yoga and meditation class on 21/06/2019. So all the interested students should participate between 4:30 pm to 6:30 pm in main building at Lawn.

Copy to:

The B. Tech Class rooms

The Dept. Notice board

Dept. file

my 15/6/19
Principal

**Mother Theresa Institute of
Engineering & Techno
PALAMANER - 517 408.**



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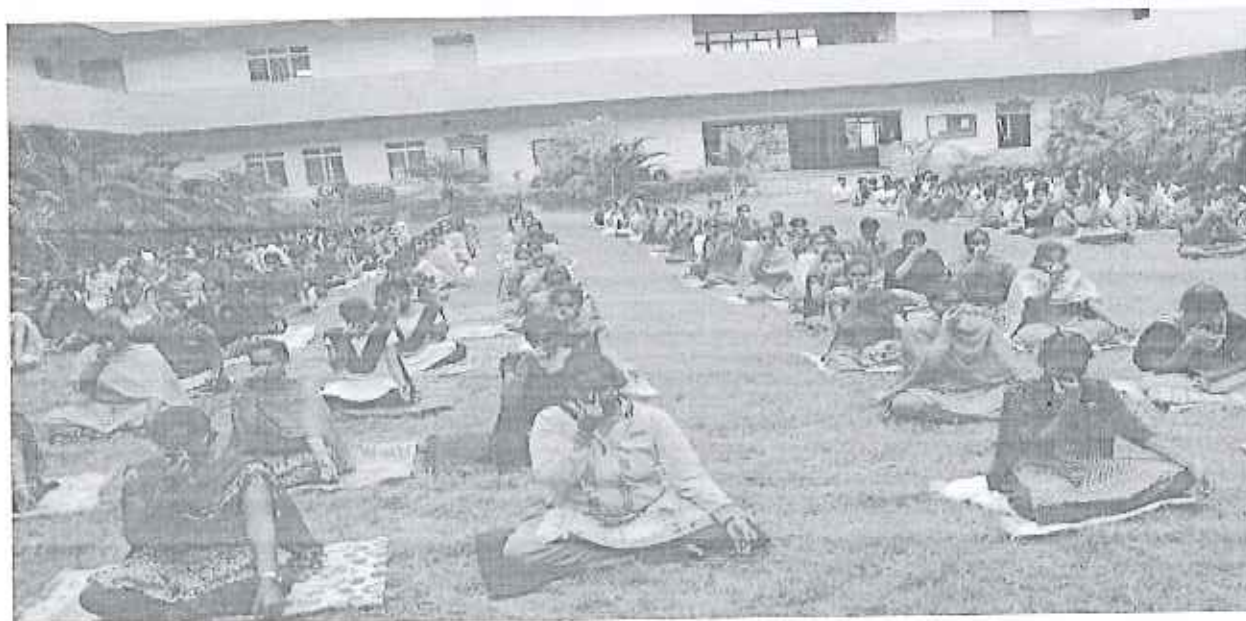
Melumoi Cross, Palamaner, Chittoor(Dist.) – 517408.



Date:21-06-2019

INTERNATIONAL DAY OF YOGA

MTIET Celebrated International Day of Yoga or World Yoga Day on 21st of June, declared by the United Nations General Assembly on 11th of December in 2014.



As usual The International Yoga Day was observed by MSS team of MTIET and the complete ambiance is filled with the aroma of peace, harmony, happiness and success as each and every student participated in the programme.

Nearly 98 students of B. Tech accompanied by the teachers performed Yoga between 4.30 Pm and 6:30 Pm. Different yoga postures was guided by the Yoga Guru Shri. S. Venkat Rao garu on Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Mudras, finally ended with Pranayama and meditation. Prayers were recited before and after the programme.

The participation of the principal Dr. M. Lakshimikantha Reddy garu, Asst. principal Dr.D.Srinivasulu Reddy garu, and teachers added fervour and gusto to the programme. A speech on the Yoga, its benefits and its usefulness was delivered by Dr. M.Lakshimikantha Reddy, Principal, MTIET, which included it as a great

opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be practiced every day. Students got the chance to know how yoga embodies unity of mind and body.

Secretary and Correspondent of MTIET Sri.M.Ravindra Babu Garu appreciated the MSS Programme officer sri.K.P.Praveen and his team and all the participants for the team spirit and encouraged them for further activities.

The session was attended by Programme Officers of MTIET MSS Unit , Heads of all departments, Section Heads, Faculty members, staff and students.

Heartfelt thanks to our Prime Minister, Mr. Narendra Modi for giving an opportunity for Colleges to celebrate the International Yoga Day. The College is also thankful to MSS UNIT OF MTIE for initiating this under them, also for inculcating Yoga as a part of the daily life.


24/06/19
(K.P. Praveen P.D.)
**Physical Director
Mother Theresa
Institute of Engg. & Tech.
Palamaner - 517 408.**