



# VIGNAN'S LARA INSTITUTE OF TECHNOLOGY & SCIENCE

Approved by AICTE New Delhi & Affiliated to JNTUK Kakinada  
Vadlamudi - 522 213, Guntur District

## LIFE SKILLS UNDER NCC Cell – VLITS

### Report on Yoga Training Session Organized by NCC Unit

Activity	Yoga Training Organized by NCC Unit
Date	21.06.2022
Place	College Campus Open Air Auditorium
No of participants	25
Academic Year	2021-22

The NCC unit of Vignans Lara Institute of Technology & Science has organized Yoga training program on the eve of the Seventh **International YOGA Day** on 21.06.2022. The trainer Mr. Sambasivarao Garu enlightens the students regarding the various impacts of Yoga on day-to-day activities. He suggested some tips to keep one's mind fresh and stress-free. Dean T&P also gave some valuable suggestions to the students to enhance their memory. Totally 25 students participated and benefitted from the event. Ms. Varalakshmi, NCC officer of the college thanked Yoga guru Sambasivarao Garu and also thanked all higher official presented in this training program. This Training program creates awareness on yoga and its importance among students.

NCC Coordinator

