

**VASAVI COLLEGE OF ENGINEERING (AUTONOMOUS)**  
IBRAHIMBAGH, HYDERABAD – 500 031

Date: 14<sup>th</sup> June, 2023

**CIRCULAR**

Yoga is an internationally accepted recreational activity proven to deliver multiple health benefits. Yoga is a combination of meditation, breathing techniques, and physical movement. **21<sup>st</sup> June** of every year is celebrated as International Yoga day and activities promoting Yoga are held in institutions across the country.

The International Yoga Day will be organized and celebrated from **15<sup>th</sup> June 2023 to 21<sup>st</sup> June 2023** by the **NSS Unit** of Vasavi College of Engineering with the theme for the year 2023 'Yoga for Vasudhaiva Kutumbakam'.

**Action Plan of International Yoga Day Programme:**

- Yoga Practice sessions from 15<sup>th</sup> June 2023 to 21<sup>st</sup> June 2023 from 3.20 to 4.20 p.m at Ground floor Dr. Vikaram Sarabai Block.
- Yoga Poster Making Competition.
- IDY Quiz Competition : <http://quiz.mygov.in/quiz/international-day-of-yoga-2023-quiz-2-0/>
- Mass Yoga Demonstration and Practice on **21<sup>st</sup> June 2023 from 10.30 a.m to 11.30 a.m at Ground floor Dr. Vikaram Sarabai Block.**
- Yoga pledge on **21<sup>st</sup> June 2023 from 11.40 a.m at Ground floor Dr. Vikaram Sarabai Block**  
<http://pledge.mygov.in/integrate-yoga-lifestyle/>

All the HODs/Functional Heads are requested instruct the students to actively participate in the above programme.

And also send 4 students two boys and two girls from each section of B.E I and II year, and also permit the available teaching/non-teaching staff members to participate and practice yoga.

  
**Principal**  
To

- 1) The Heads of the Departments/Heads of Functional Units to circulate among their students and staff members.
- 2) Copy to Maintenance Cell for the necessary arrangements.