



# **SRI RAAJA RAAJAN**

## **COLLEGE OF ENGINEERING AND TECHNOLOGY**

(Approved by AICTE, New Delhi & Affiliated to Anna University)

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### **NSS ACTIVITIES**

#### **2022-2023**

17.06.2023

It is planned to organise a NSS Programme for Yoga Day–The yoga day will be celebrated in our college campus on 21.06.2023. Our I year NSS Volunteers are asked to enroll their names to NSS PO , Mrs. N.Rajeswari HOD/EEE for further process. Your active participation was most important.

  
Principal  
PRINCIPAL

Sri Raaja Raajan College of Engg. & Tech  
Amaravathipudur, Karaikudi - 630 301  
Sivagangai Dist, Tamil Nadu.



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The Yoga programme was held in our college campus on 21 the June 2023 at 11:00 AM. The students of 1st year students actively participated in the programme, under the National Service Scheme at college campus.

The Yoga to promote good mental and physical health of people through the Yoga. To make student aware of physical and mental disease and its solution through practicing Yoga. To reduce the rate of health challenging disease all over world. Yoga good for community, immunity and unity; assume important during corona crisis. Suryanamaskar have great importance in the intellectual, mental and physical development of a person.

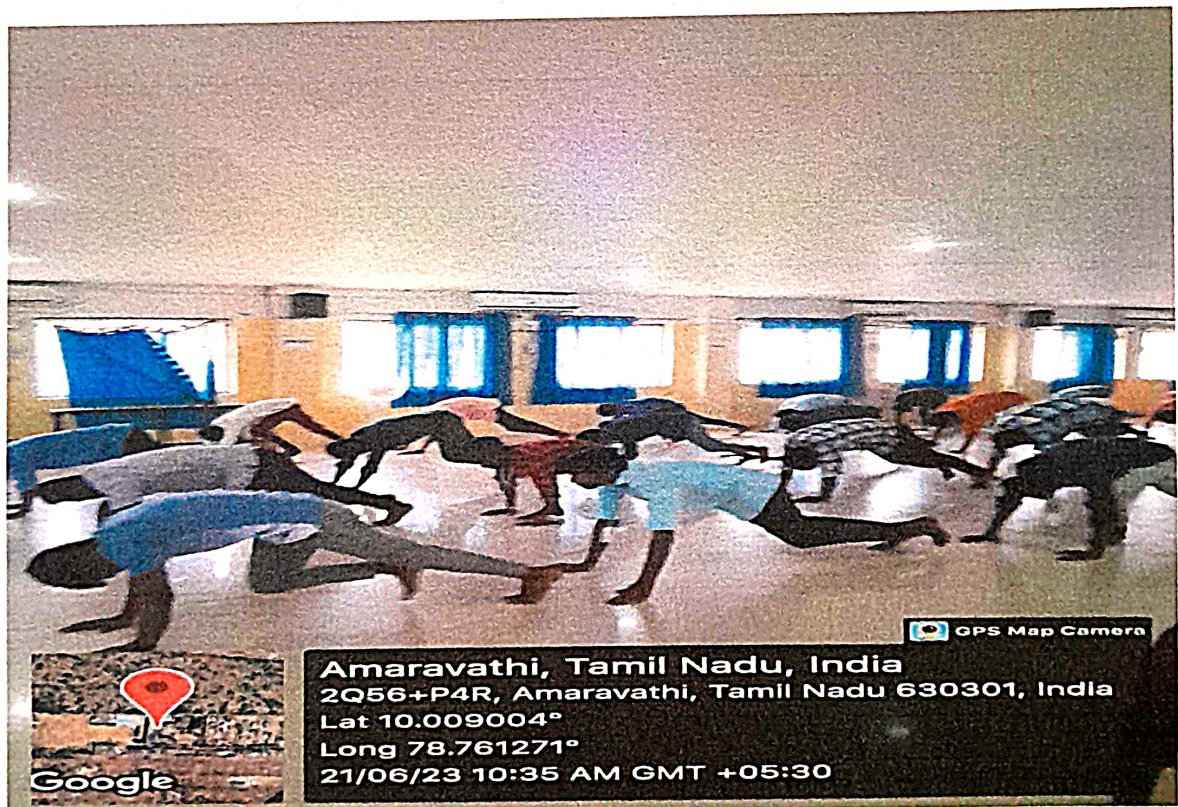
The event was began with the welcoming of guest. Welcome speech has been given by the Principal Dr. A. Elango, At that time Principal advice the volunteers to think differently for the Society to make positive changes and to make improvement.


All were happy involved in this event, feels great to do positive for the mind.

At the end of programme there was a photo session with Principal, faculty and students.







  
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