

YOGA FOR GIRLS AT BIET ON 21 AUG , 2018

Yoga for Girls was organized by BHARAT INSTITUTE OF ENGINEERING & TECHNOLOGY, Ibrahimpatnam on 21st Aug 2018 at BIET Auditorium, Prof. Kumarswamy Rao , Senior Director R&D, BIET, welcomed the gathering , Chief guest Dr.T.N.Yadgiri Head R&D(EW) ,Former director of DLRL & DRDO, Guest Of Honor Dr V.G.Borker ,Chief designer airborne missiles., former head of antenna compact range RCI & DRDL ,along with the other dignitaries, **Dr B Prasad Rao Ph.D, IPS (Retd.)**, Chairman Mr Venugopal Reddy, students , faculty and many other guests.

BIET welcomed the dignitaries by Welcome dance followed by lighting of lamp and welcome song by students.

A motivated speech was delivered by chief guest, Dr T.N.Yadgiri , he motivated them by making the students how mental peace is important in our lives and how Yoga can help achieve it.

Guest of Honor Dr V.G.Borker addressed the students and enlightened them about how important it is to eradicate all the stress in order to accomplish anything important in life.

Chairman Sir Mr Venugopal Reddy enlightened the students on inculcating the values of past & learning from the great old freedom fighters .he encouraged the students to strive for a cleaner and healthier mind.

Programme continued with 220 girls participating from various branches. They practiced Yoga for 2 hours. After the session students already started feeling energetic.