

# KITS-NSS Committee

## INTERNATIONAL YOGA DAY

*On the occasion of Third "International Yoga day" on 21<sup>st</sup> June 2017, KITS- NSS Team organized an awareness program on YOGA. Yoga guru ji Sri. Mallikarjuna rao garu graced the occasion and addressed the students how yoga helps to keep both physical and mental balance. He told "A Healthy mind in a Healthy Body can be attained by practicing yoga 30 minutes daily."*

