



**Gokaraju Rangaraju Institute of Engineering and Technology
(Autonomous)**

International Day of Yoga 21 June 2016



ABOUT THE IDY LOGO

- *Folding of both hands in the logo symbolise Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.*
- *The brown leaves symbolise the Earth element, the green leaves symbolise the Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolise the source of energy and inspiration.*
- *The logo reflects harmony and peace for humanity, which is the essence of Yoga.*

**Celebrations
starting from 10 AM at Block III**

Yoga Lecture and guidance by Guruji Shri P Nagaraj

Guruji Shri P Nagaraj Profile



- Organized “Yoga Siri and Yoga Bhushana” Awards under the aegis of central government department of family and welfare in BVRIT Hyderabad on June 5th 2016
- Won 2nd prize in National Level Yoga Competition Organized by Chaitanya Yoga Kendra under S Vysya Yoga University at Bangalore.
- Having over all 10 years of experience in Yoga, Pranayama, Mediation and Stress management.
- Post-Graduation in Yoga from Allagappa University.
- Corporate Yoga Trainer in Tata Consultancy Services.
- Published over 15 articles in different Universities like Osmania, JNTUH and Pune University, The Hindu and Times of India
- Conducted around 40 sessions on Emotional intelligence, Soft skills and Yoga and Trained around 1500 students
- Organized Teacher training programmes
- Intellectual Yoga trainer for Tata Consultancy service, Hyderabad. Feb 2014 to till date