

CMRTC SPORTS CLUB

DEPARTMENT OF PHYSICAL EDUCATION

ORGANIZED EVENTS:

YOGA

Yoga is a physical, mental and spiritual practice that originated in ancient India.

First codified by the sage Patanjali in his Yoga Sutras around 400 C.E, the practice was in fact handed down from teacher to student long before this text aro





**THE CHAIRMAN OF CMRTC SHRI.CH.GOPAL REDDY WAS THE CHIEF GUEST OF
THE EVENT ALONG WITH THE DIRECTOR OF CMRTC DR.A.RAJI REDDY SIR
THE DEAN OF ACADEMICS DR.AHMED ALI BAIG IN SUPERVISION OF
THE PHYSICAL DIRECTORS OF CMRTC
MR.V.YUGANDAR REDDY AND MR.R.SREEDHAR**