



JAYA ENGINEERING COLLEGE
CTH Road, Prakash Nagar, Thiruninravur, Chennai - 602024

WOMEN EMPOWERMENT CELL

ORGANIZED

"Stress Management by Yoga"

On

18th August 2017

Jaya Engineering College – Women Empowerment Cell organized a training programme on “Stress Management by Yoga” at 3.00 pm for all Female Student (All Department /Year). The program started with a welcome address by Dr.V.Seedha Devi, coordinator- Vishakha Committee, followed by the training session by **Mr.Nagarajan, HOD/Text. He trained the Girl students about the importance of Yoga and the techniques to keep the body and mind fit. He also taught the students how to manage stress by yoga. The programme ended with a National Anthem.**

