



**SREE VAHINI INSTITUTE OF SCIENCE & TECHNOLOGY,  
TIRUVURU-521235 Krishna Dist., .A.P.**

**ICC CELL  
A.Y.:2018-19**

**AVARENESS PROGRAM ON HEALTH AND HAPPINESS  
Date: 4-12-2018  
Venue: Central Seminar Hall**

**REPORT ON HELATH AND HAPPYNESS PROGRAM**

The Workshop on "Health and Happiness" was held on 25-02-2020 for the benefit of girl students of all first year B. Tech, MBA, MCA and lady staff members of the college on behalf of INTERNAL COMPLAINT COMMITTEE (ICC).

P. Venkateshwarao, department of chemistry Assistant professor presented a practical session about the aspect of happiness with healthy life. he has given real life examples by practicing simple meditation techniques and yoga asana which are useful for girl students. She quoted that, "Physical activity is a great way to instantly increase the sense of well-being. And by incorporating exercise into the daily routine, leads to healthy and happy life in the long run.

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(Approved by AICTE, Affiliated by JNTUK)  
Tiruvuru - 521235, Krishna Dist.

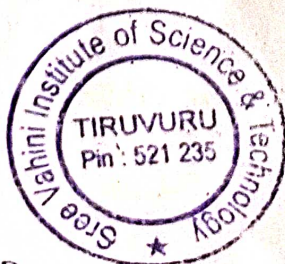
**Date: 03.12.2018**

**CIRCULAR**

The program is arranged for health and happiness on 4-12-2018 in central seminar hall. All the students for both boys and girls must attend without any fail and also for staff members.

- CC. 1. All HOD's  
2. Class rooms

B. Anu Radha  
Librarian SVIST, TVR

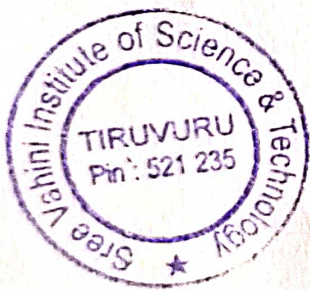
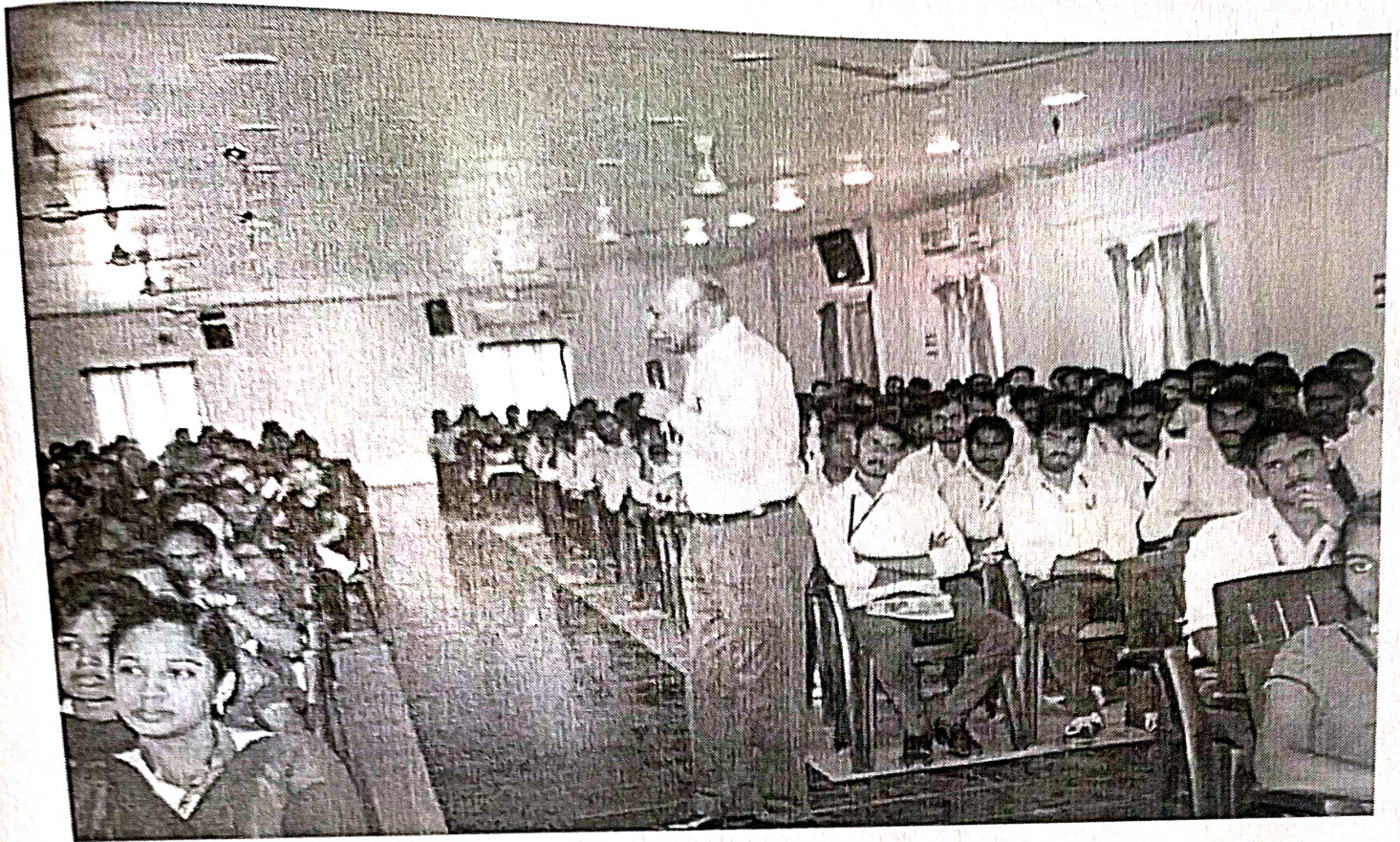


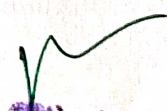
PRINCIPAL

Principal

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