



**4.1.1 Availability of adequate infrastructure and physical facilities viz., classrooms, laboratories, ICT facilities, cultural activities, gymnasium, yoga centre etc. in the institution**

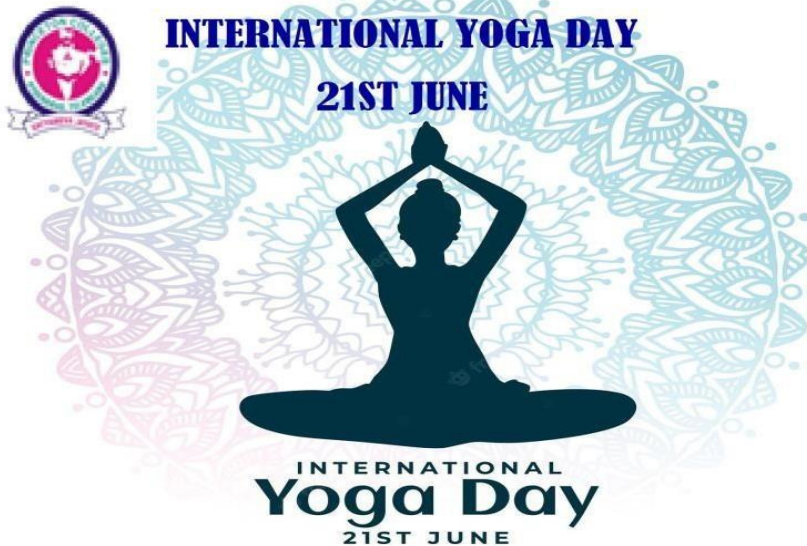
**Response:** Yes the institution has adequate facilities for cultural activities. gymnasium, yoga centre, etc. in the institute

**Yoga:**

Princeton Institute of Engineering and Technology for Women has been running a Yoga and Meditation Centre in the college. The Yoga and Meditation Centre was started for both students and staff with a lot of objectives to understand the importance of maintaining good health, both physically and mentally, to have peaceful living, practicing yoga removes unnecessary stress and improves concentration.

The Yoga and Meditation Centre conducts sessions on both theoretical and practical aspects of yoga and meditation and disseminates knowledge about the spiritual dimension to help students understand yoga, advise and guide for spiritual growth towards achieving their goal. Yoga experts say that doing 12 sets of Surya Namaskar translates into doing 288 powerful yoga poses in a span of 12 to 15 minutes.

PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN



On this special occasion of Yoga day, Welcome address was given by Mrs.Pavani Neelapu Asst.Professor CIVIL department and Ms.Mounika Physical Director, Principal, Princeton Institute Of Engineering And Technology For Women, Hyderabad. Yoga trainer , gave a brief note of yoga practices and started the Yoga Asanas with prayer. she has made all the participants to do warm up practices / loosening practices, standing yoga asanas, sitting yoga asanas and ended with Savasna. At the end, he has displayed few Yoga Asanas like Chakrasana, which was encouraging for all participants to do Yoga regularly. Finally, Yoga trainer was presented with a memento by the dignitary and concluded with National Anthem. At last, juice and Banana were distributed to all participants of this grand successful event.



## Yoga Day Celebrations

On the occasion of the International Yoga Day, **Princeton Institute Of Engineering And Technology For Women** participated in various events held on Tuesday morning 21-06-2022 @7 A.M.



*Pijeev*  
Principal  
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& TECHNOLOGY FOR WOMEN  
Chowdaryguda, Korremula (V)  
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**Name of the Activity**      **INTERNATIONAL YOGA DAY**

**Type of Activity**              Service

**Date and Time of Activity**              21/06/2021                      6.30am onwards

**Details of Participants**      All B.Tech Students, Staff

**Coordinator(s)**              **Mrs.Pavani  
Neelapu**

**Organizing Dept./Support System**              NSS Department

**In collaboration with**      NSS UNIT

**Description:**              On 21st June 2021 **Princeton Institute Of Engineering And Technology For Women** had organized **INTERNATIONAL YOGA DAY**".

The International yoga day was a majestic celebration at Princeton Institute Of Engineering And Technology For Women.

“INTERNATIONAL YOGA DAY” is for practicing yoga for physical and mental well-being.

The benefits of yoga were echoed through videos and live messages.



**PRINCETON INSTITUTE OF ENGINEERING AND TECHNOLOGY FOR WOMEN**  
(Affiliated to JNTUH, Hyderabad & Approved by AICTE, New Delhi)  
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<b>Name of the Activity</b>	<b>INTERNATIONAL YOGA DAY</b>	
<b>Type of Activity</b>	General Event	
<b>Date and Time of Activity</b>	21-06- 2022	10.00 AM to 12:00 PM
<b>Details of Participants</b>	All staff and Students	
<b>Coordinator(s)</b>	CIVIL DEPARTMENT	<b>Mrs.PAVANI NEELAPU</b>
<b>Organizing Dept./Support System</b>	All HOD's and NSS Co-ordinators	
<b>In collaboration with</b>	--	

This year's Yoga Day celebration was held with great enthusiasm at our Princeton Institute Of Engineering And Technology For Women. A large number of students, teaching and non-teaching staff attended the event this year.

**Description**

This theme for this year's yoga day was " Yoga for the achievement of the Sustainable Development Goals ". Various asana were followed by omkar chanting. Warm-up exercises, sitting and standing asanas were performed. The trainers gave us a short class about the benefits of yoga.

They help in improving concentration and in attaining inner peace. It helps a person improve life physically, mentally and spiritually as well. Yoga Day is usually celebrated every year on 21st June 2022.



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**Mrs. PAVANI NEELAPU**  
Co-Ordinator



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