

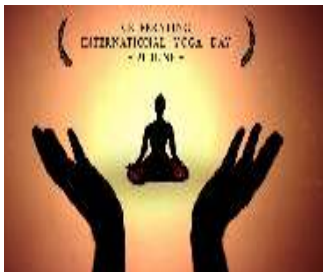
A monthly E-Newsletter by Department of Management



International Yoga Day

Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day.

— Narendra Modi, UN General Assembly



International Yoga Day At NHCE

On the occasion of "International Yoga Day" New Horizon College of Engineering organized a yoga session on 21st June 2016. Ms Shivani Lakhotia, from 'Yoga Prana Vidya Karnataka Foundation', led the yoga session for the students and staff members of NHCE.

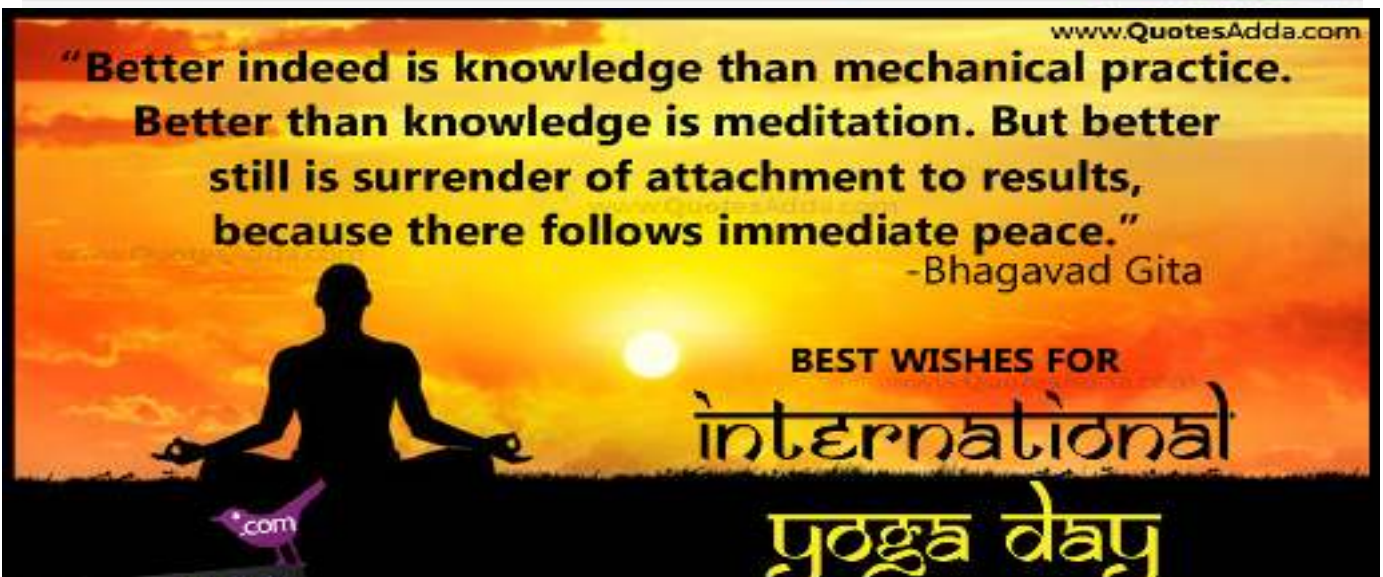


“Telling yourself that you don't have enough time for something is a lousy excuse because you NEVER “have” time, you MAKE time!”

— James Malinchak
Featured on ABC's 101 TV Show, "Secret Millionaire"
Franchise: www.BigMoneyFranchise.com



The Prime Minister of India, Shri Narendra Modi with the participants during the mass yoga demonstration at the Capitol Complex, Chandigarh, on the occasion of the 2nd International Day of Yoga – June 21, 2016.



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