

# Practice yoga daily



Open-mindedness, awareness of strength and weakness, and humility are requisites for arriving at innovations, said R. Kaarthikeyan, Advisor Law-Human Responsibilities-Corporate Affairs and former Director General National Human Rights Commission, here on Wednesday.

Negative thoughts could be kept at bay through daily yoga practice, he said addressing the Annual Day celebrations of Bannari Amman Institute of Technology at Sathyamangalam.

Create happiness for yourself by reducing dependence on others. Develop right attitude and soft skills, Mr. Kaarthikeyan advised the students.

Mr. Kaarthikeyan was joined by A.Sivathanu Pillai, former Chief controller( R&D), DRDO, and Founder CEO and Managing Director BrahMos Aerospace, in honouring over 70 students with gold medals and certificates.

Mr. Sivathanu Pillai said nuclear power and space technology were vital for making India mighty. The youth in India have the capability, strength and power to overtake developed countries. Make India proud with your achievements, he told students.

BIT chairman S.V. Balasubramaniam presided over the function.

Students who had performed well in their Plus-Two examinations received cash awards amounting to Rs.12 lakh.