

Event: International Yoga Day

Date: 21/06/2017

Place: Hyderabad

Yoga is the valuable gift from the ancient history of India. It reflects the rich culture tradition and discipline of our country. It helps to bring synergy between minds, body and soul. It is being practiced since ages for good health. Now it is being practiced by all the people throughout the world. Yoga is a way of life that provides good art of living and gifts us benefits out of it. Realizing the importance of Yoga for students and staff the college has been conducting yoga classes since many years. Special room is provided for yoga practice with yoga trainer available daily. College is more keen on the well being of the staff and students and encourages the for yoga training. Every year International Yoga day celebrations are conducted in the premises. Students and staff are also sent to Yoga Workshops.

The 3rd International Yoga Day was celebrated on 21 June 2017, Wednesday at LB Stadium Hyd with great enthusiasm and vigour. Almost 1000 participants took part in that event. With students, faculty, officers, staff and their family members also participated in the event. 30 male and 20 female participants took part in the event. Participants of all age groups participated in the event with great enthusiasm. Two yoga (2) teachers accompanied by 50 trained volunteers were there to conduct the yoga practice as per the directions received from Ministry.

The Yoga session started exactly at 7 am with Prayer, and systematic practice of different ‘ASANAS’ of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions of Yoga teacher and supervision of trained Volunteers. During the course of “Yogabhyas”, the Yoga teacher also narrated the usefulness of different “Asanas” as a precautionary measure, in curing many Diseases and the usefulness of Yoga in the overall wellbeing of a human being.

