

**A REPORT ON**  
**INTERNATIONAL DAY OF YOGA**

**21<sup>st</sup> June 2022**

**Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka**

A grand event was organized on 21-6-2022 in Hyderabad at Parade Ground. The [International Yoga Day](#) was celebrated on 21<sup>st</sup> June to bring peace, harmony, happiness and success to every soul in the world.

Parade Ground has been chosen as the major venue for the yoga day celebrations for the twin cities with Vice-President [Mr.M.Venkaiah Naidu](#) was emphasized importance of Yoga and Physical exercises in daily life. [Mr.G. Kishan reddy](#) (Minister of Tourism of India) has invited citizens to participate in the event slated to start at 5:30 AM.

Addressing a press conference at the Parade Ground, he said the celebrations in India will be part of the ongoing 75th anniversary of independence, Azadi Ka Amrut Mahotsav. Prime Minister [Narendra Modiji](#) has given valuable speech about Yoga Day through video conference from Mysore, and also Karnataka Chief Minister [Mr. B. Basavaraj](#), and some other famous Indian personalities, Badminton player [P.V Sindhu](#) and Indian Actor [Adivi Sesh](#) also participated in Yoga Asanas.

Vice Principal Dr.T.Mamatha, of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, co-ordinated Yoga day celebrations and other faculty member Ms.S.Divya including B.Pharmacy, M.Pharmacy and Pharm D students actively performed different yoga postures like Taadasana, Vrikshasana, Bhadrasana, Trikonaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme.

This was passed on to future generations. Yoga was actually done by sages as a holistic approach to God. Later on, it was passed to the common people.

Conclusively the event helped us feel confident and content physically, mentally and spiritually among students, faculty and public overall.











