

A REPORT ON INTERNATIONAL YOGA DAY

SAROJINI NAIDU VANITA PHARMACY MAHAVIDYALAY

DATE: 21st June 2023

THEME : Yoga for Vasudhaiva Kutumbakam

VENUE : SNVPMV Auditorium

A grand event on the occasion of International Yoga day 21-6-2023 was organized at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya, Tarnaka, Hyderabad., for Promoting Health and Happiness by **Art of living team.**

The Art of Living is a non-profit, educational and humanitarian organization founded in 1981 by the world-renowned humanitarian and spiritual teacher - Gurudev Sri Sri Ravi Shankar.

All the programmes are guided by Gurudev's philosophy:

“Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace.”

The Art of Living community is diverse and attracts people from all walks of life

The Speakers for the event were from “Art of Living” center Mr. Srinivas Rao and Mrs. Shilpa Dhaduvai.

For this International yoga day, the number of participants attended were about 200.

The programme started at 10:45 am. Ms. Rishika Srivastav of M.Pharmacy 1st year and Ms. Deepthi shikha of B.Pharmacy 3rd year invited all the dignitaries onto the dias. Floral Greetings to the Guest were offered. The program is then followed by lighting of lamp by all the guests and a prayer song was sung by Lohalle Shravani , sai preethi and Naveena of B Pharmacy 3rd year.

Mrs. Sandhya Deepala, Joint Secretary SNVPMV, addressed the gathering by expressing views on importance on yoga, next Director Dr. N. Srinivas, SNVPMV., addressed the gathering by motivating students to why and how yoga is essential in day-to-day life and later Principal Dr. T. Saritha Jyostna, SNVPMV., addressed the session by giving her personal experience of practicing yoga every day and cordially welcomed the speakers of the session, Mr. Srinivas Rao and Mrs. Shilpa Dhaduvai

Yoga, an ancient practice originating from India, has gained worldwide recognition for its numerous physical, mental, and spiritual benefits. In alignment with this holistic approach to well-being, the students and faculty of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya enthusiastically celebrated International Yoga Day, with a special introductory session.

The yoga day celebrations held at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya aimed to create awareness about the significance of yoga in fostering a healthy and happy lifestyle. The event included a series of activities that focused on introducing yoga to participants and encouraging them to embrace its principles.

Introduction to Yoga:

An experienced yoga instructor Mrs. Shilpa Dhaduvai provided a brief overview of yoga, its history, and the various branches and practices involved. The instructor highlighted the physical, mental, and emotional benefits of yoga, emphasizing its role in promoting overall well-being.

Basic Asanas (Yoga Poses):

Participants were then guided through a series of basic yoga asanas (poses), designed to improve flexibility, strength, and posture. The instructor demonstrated each pose, ensuring that participants understood the correct techniques and alignment. Students and faculty actively participated in the asanas, enabling them to experience the immediate benefits of the practice.

Pranayama (Breathing Exercises):

The session also included an introduction to pranayama, or yogic breathing exercises. Participants learned various breathing techniques, such as deep breathing and alternate nostril breathing, and were encouraged to practice them regularly to enhance mental clarity, reduce stress, and improve overall respiratory health.

Meditation and Relaxation:

To conclude the session, a guided meditation was conducted, allowing participants to experience deep relaxation and inner calm. The instructor led them through a visualization exercise, promoting mindfulness and stress reduction. The peaceful ambiance of the auditorium enhanced the meditative experience, leaving participants feeling rejuvenated and centered.

Mr. Srinivas Rao more importantly emphasized on Energy which comes from breathing, then sir added few points about focus, think, ego and memory and explained about how to re-energize ourself through yoga. This lecture also made us learn how to be happy in the present moment through different techniques. Sir also introduced about the course they provide on "Art of living" Platform

The Session concluded with a round of applause and words of gratitude from the speakers. They expressed their hope that participants would continue to explore and embrace yoga as a lifelong practice for maintaining physical and mental well-being.

Speakers of the session Mr. Srinivas Rao and Mrs. Shilpa Dhaduvai were felicitated by the dignitaries.

Vice Principal Dr. T. Mamatha conveyed vote of thanks, by thanking the guest speakers for providing valuable inputs in to practicing yoga and its importance and making the event a grand success.

Session was closed at 1:00 PM by singing National Anthem by Ms.Rakshita, Ms. Mamatha and Ms. Likitha of Pharm D 1st year.

The Yoga Day celebrations at Sarojini Naidu Vanita Pharmacy Maha Vidyalaya successfully promoted the benefits of yoga in fostering health and happiness among students and faculty. The Health and Happiness Introductory Session served as a platform for introducing participants to the practice yoga, providing them with the necessary knowledge and experience to embark on their yoga journey.







 GPS Map C

Secunderabad, Telangana, India

,Vijayapuri colony,Tarnaka, Opp. to St. Anns High School,
12-5-31/32, S Lala Guda Rd, Vijayapuri Colony, Tarnaka,
Secunderabad, Telangana 500017, India

Lat 17.430184°

Long 78.53229°

21/06/23 01:21 PM GMT +05:30