

International Yoga Day, June 21st, 2017

University celebrated International Yoga Day on 21st June 2017. The faculty and staff started yoga at 7:00 am and performed various yoga postures for more than one hour. On the occasion of 3rd International Yoga day, the University conducted the yoga day in its campus. The yoga event was well attended by all faculty and staff. Two faculty members Dr Ravi Shrivastava and Prof GVV J Rao, demonstrated various Yoga Ashana and Pranayama. The practice started with a Prayer and 14 Ashana along with different pranayama has been practiced by all.

Honorable Vice Chancellor before proceeding to Yoga practice said that the Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise only but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with change in oneself.

Vice chancellor specially thanked the faculty who acted as demonstrators of Yoga and for leading the session. Vice Chancellor along with the Registrar took active part in practicing of yoga. The

program lasted for about an hour. The Vice-Chancellor thanked all faculty and staff who participated.



Body Stretching



Body Stretching



BhramriPranayam



Shirshasan