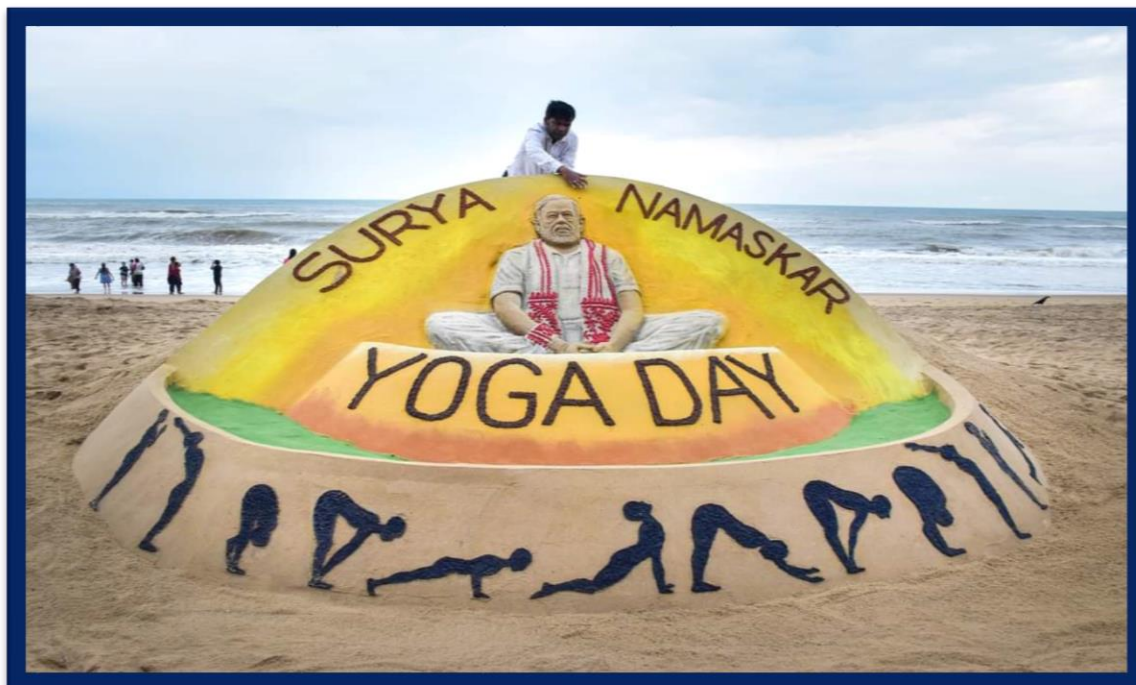


As per the direction received from the Central Government of India and Under the guidelines of University Grants Commission, We celebrated **50 days Yoga Utsav to observe the International Yoga day on 21<sup>st</sup> June -2022.**

**The theme of International Yoga day- 2022 is \*"Yoga for well being".\***



## ❖ April :-

- 1) Conducted early morning Yoga classes regularly for our students, who are staying in the Institution dormitory by a qualified trainer for their health & well being.
- 2) Showing you tube videos on common Yoga protocol in last hour classes on weekly basis.





## ❖ May :-

- All the teaching, non teaching staff and Students downloaded and used the following best mobile apps, which are suggested by Ministry of AYUSH for practicing yoga on regular basis for health & well being.

Staff & students tried at their level best to inculcate awareness about the importance of Yoga (for Health & mental peace) among their family members, relatives and friends.

- Yoga charts were displayed in the campus.



<https://play.google.com/store/apps/details?id=ayush.gov.in.ybreak>



<https://play.google.com/store/apps/details?id=com.netra.myoga>



<https://play.google.com/store/apps/details?id=com.outthinking.yogaworkout>



<https://play.google.com/store/apps/details?id=yogatracker.np.com.yogatracker>



<https://play.google.com/store/apps/details?id=net.biharyoga.yogapeeth.app.emag.android.yoga>

## ❖ June:-





### **INTERNATIONAL YOGA DAY -21<sup>st</sup> June- 2022 :-**

An awareness programme on the importance of International Yoga day was organized in Assembly hall of the college on 21.6.2022.

#### **Opening remarks of Principal for International Yoga day**





1) Guest lecture by Pyramid master Mr. Chandrasekhar about the benefits of Meditation :-

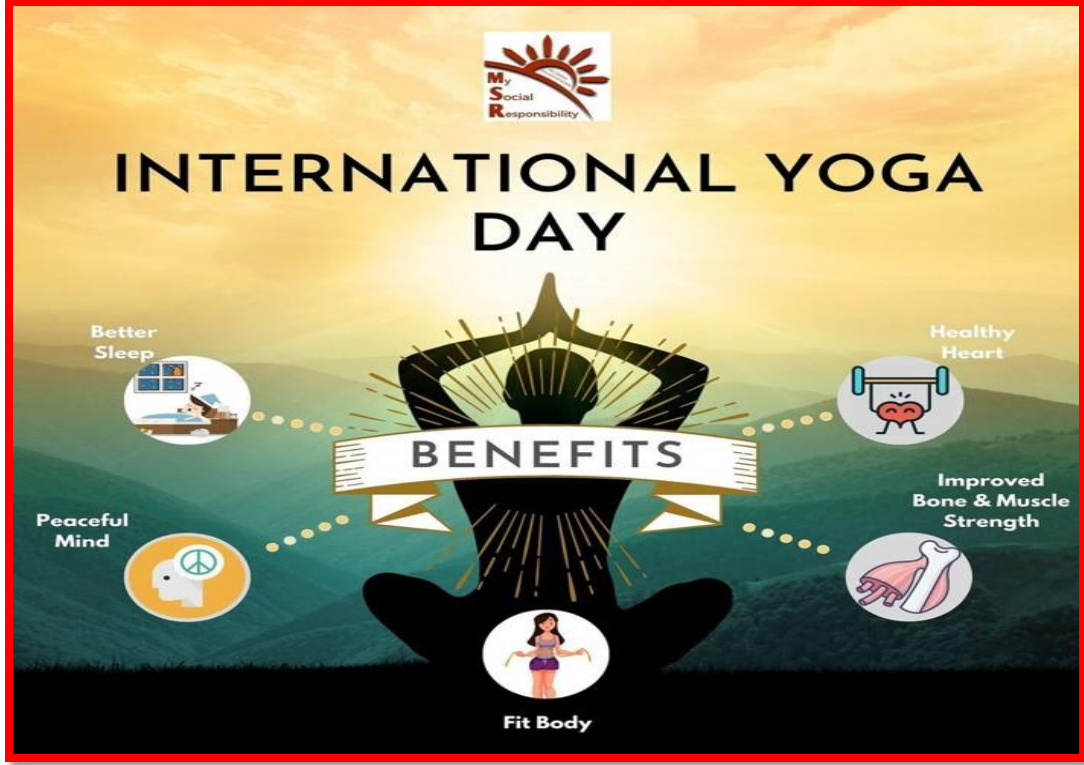


2) Mass Yoga demonstration on 21st June-2022.

Participation of DRW Students in Mass Yoga demonstration along with PM Modi ji, Live from Mysore at 7.30am on 21st June-2022.



[https://fb.watch/dNn\\_8j4Prb/](https://fb.watch/dNn_8j4Prb/)



భౌతికమైన వ్యాయామాలు ప్రాణశక్తిని శరీరం నుంచి బయటకు లాగుతాయి. యోగాసనాలు ప్రాణశక్తిని శరీరంలోకి పంపిస్తాయి. ఆసనాలు కేవలం భౌతికమే కాదు, ఆధ్యాత్మికం కూడా. మనసు, ఇంద్రియాలు, శరీరాన్ని నిగ్రహించడానికి సహాయపడతాయి. శరీరం, నాడులు, కండరాలు శుద్ధి అవుతాయి. మామూలు కసరత్తులు ఉపరిభాగ సంబంధిత కండలను కలిగిస్తాయి. అవి కేవలం కండలవీరులను మాత్రమే తయారు చేగలవు. కానీ ఆసనాలు భౌతిక, ఆధ్యాత్మిక అభివృద్ధిని కలిగిస్తాయి.

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