



## **Pulla Reddy Institute of Pharmacy**

**Dommadugu (V), Gummadidala (M), Sangareddy (D), T.S-502313.**



**Date:21.06.2024**

### **Report on International Yoga Day**

Pulla Reddy Institutions have organised International Yoga day Program on 21st June 2024. In this regard, the NSS unit of college has invited the Yoga trainer E.Balakrishna along with other dignitaries like Dr.Subhas Sahoo, Dr.Sarath babu, R.Kumar and Administrative officer V.S.Prakash Rao. In this regard, all the speakers have given their valuable inputs and suggestions towards importance of yoga. The yoga trainer has instructed the students to perform aasanas and mudras. The students have learned a lot about yoga importance. Few faculty members have also participated in performing the yoga. The theme for this year is “ Yoga for Self and Society “ and also “ Yoga for Women Empowerment “.

In this regard, all the students of B.Pharm., Pharm.D and M.Pharm. had actively involved in the International Yoga day program.

Herewith we are attaching few photographs of the event.

1. Dr.Subhas Sahoo delivering speech on yoga



2. Dr. Sarath babu, Principal of MBA department delivering speech



### 3. Yoga trainer E.Balakrishna performing Asanas



4. Students practising Aasanas according to yoga trainer





5. Group photo of Faculty members along with yoga trainer



6. Group photo of students along with yoga trainer



OUTCOME OF THE PROGRAM:

All the students have learnt about different forms of Aasanas and Mudras and also realised the importance of yoga in their routine life. They have practised the yoga for nearly 60 minutes as instructed by yoga teacher. All the dignitaries have given their valuable suggestions about yoga.

By the end of this program, all the students and also faculty have gained a lot of knowledge on yoga mudras. This program was successful with the active participation of all students of various classes and with the support of NSS team members.