



G.Pulla Reddy College of Pharmacy

Mehdipatnam, Hyderabad

Affiliated to Osmania University and Approved by PCI

Accredited By National Assessment and Accreditation Council (NAAC)

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Celebration of the 12th International Day of Yoga

Theme: "Yoga for Healthy Ageing"

G. Pulla Reddy College of Pharmacy proudly celebrated the 12th International Day of Yoga on **21st June 2026** with great enthusiasm and active participation. This year's theme, 'Yoga for Healthy Ageing,' emphasized the yoga's role in promoting lifelong physical vitality, mobility, emotional resilience, and preventive health at every stage of life

The event commenced with explanation of Yoga asanas by experts of the "**Vivekananda Kendra Kanyakumari**":

- **Sri. Mukesh Keer**, Life worker
- **Sri. Bhargav**, Volunteer, and
- **Smt. B. Anuradha**, Yoga Instructor.

They also conducted a practical session where they demonstrated and practiced various yoga asanas to students and faculty, promoting physical well-being and mindfulness.

Dr.B. Madhava Reddy, Principal of G. Pulla Reddy College of Pharmacy, addressed the participants and highlighted the importance of Yoga in daily life.

The event witnessed enthusiastic participation from **around 100 students** from M.Pharm, B.Pharm and Pharm.D.

The program was coordinated by Dr. V. Nagesh, Associate Professor.