



# G. Pulla Reddy College of Pharmacy

Mehdipatnam, Hyderabad

Affiliated to Osmania University and Approved by PCI


Accredited By National Assessment and Accreditation Council (NAAC)



## International Yoga Day

G.Pulla Reddy College of Pharmacy, Hyderabad celebrated 10<sup>th</sup> International Yoga Day (Theme: “Yoga for Self and Society) on 21<sup>st</sup> June, 2024. The programme was initiated by Dr.B.Veeresh, Professor; G.PullaReddycollege of Pharmacy introduced the yoga instructor **Mr. K. Ramesh**, IT professional, Cognizant Technology solutions and Yoga Practitioner in **Sahaja Yoga Dhyana Kendra**, Hyderabad. He spoke about importance of yoga in daily life for good health and instructed meditation techniques. Various methods of meditation were performed by all the participants. About 150 students and teaching staff members actively participated in yoga day celebration.

Dr. P.Ravikumar, Assoc. Professor & Mrs.K.ArchanaReddy, Asst.Professor co-ordinated the yoga day celebrations.

  
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