

INTERNATIONAL YOGA DAY

21st June 2016

International Yoga day was celebrated in G. Pulla Reddy institutions on 21st June 2016 in the college premises. Dr. J. Purnachandra Rao, Additional Director General of Police, Telangana State was the chief guest. Yogacharya Sri Vuyyuru Krishna Murthy spoke about the importance of various Yogasanas for keeping mentally and physically good health. Dr. J. Purnachandra Rao has addressed the students to perform the yoga everyday and experience the great benefits of yoga in their educational career.

Dr. B. Madhava Reddy, Principal, GPRCP spoke about importance of yoga in day to day life. All the staff members and M. Pharm students performed basic yogasanas in the open area of college campus. Dr. P.K.Lakshmi, Professor, Dept. of Pharmaceutics G.Pulla Reddy College of Pharmacy guided all the members while doing basic yogasanas. She spoke about the importance of meditation to relieve the stress and to increase the confidence level for problem solving. She has covered many aspects of meditation by giving example.