

## **INTERNATIONAL YOGA DAY**

International Yoga day was celebrated in G.Pulla Reddy College of Pharmacy on 21<sup>st</sup> June 2015 in the college premises. Dr.B.Madhava Reddy, Principal welcomed the gathering on spoke about importance of yoga in day to day life.

Programme was inaugurated by the Chief Guest Mr. Yogacharya Vuyyuru Krishna Murthy garu, Yoga trainer, Vijaya Yoga Kendra. Mr. Adhitya Tripati, trainer from “Art of living” Dr. P.K.Lakshmi, Professor, Dept. of Pharmaceutics G.Pulla Reddy College of Pharmacy were the Guests of Honour.

Chief Guest Sri Krishna Murthy spoke about significance of yoga in Indian culture for the health and well being of people. He has emphasized on Pranayama, Diet and intake of Food. He has cited many examples of the wonderful effects of yoga.

Mr. Adhitya Tripati has given focus on the stress relief for the students. He also spoke on youth empowerment, their social behavior and human values.

Dr. P.K Lakshmi 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.

In conclusion the moto “ Live Life for its full potential “ given by the Ministry of Health , Govt. of India AYUSH has been motivated.

The Speaker were felicitated on the occasion. All the students and staff have participated in the programme. The programme was co-ordinated by Dr. K.Latha and Mr.N.Raghavendra Babu.