

CELEBRATION OF INTERNATIONAL YOGA DAY

“Yoga is like music, rhythm of the body, melody of the mind and harmony of the soul creates the symphony of life”. Firmly believing in this statement and to emphasize that the students should realize the importance and impact of yoga on their soul and body and to utilize their energy in the right path, our varsity set the grounds for celebrating international yoga day on a largescale.

Events on Campus

Workshop on the Fundamentals of Yoga and Yoga Asanas

A three day workshop on the basic training for yoga was conducted for around 800 students in 2 batches, each batch consists of 400 students for the better personalization and involvement of the students. This workshop consisted 2 parts, in the first part the students were told about the importance and power of yoga in daily life in a half an hour lecture and in the later part the professional trainers taught the students yoga asanas which made them familiar and well versed with the various asanas. This workshop went on for one and half hours each day.

Batch 1 (13th to 15th June, 2017)

Venue: Vignan Priyadarshini Girls Hostel

Batch 2 (16th to 19th June, 2017)

Venue: Vignan Vihar Boys Hostel



Essay writing

When pen and paper combine to paint thoughts of one's mind, ideas and feelings come out in the most beautiful way. As a part of these celebrations, Vignan's University organized an Essay writing competition at 9 AM on 21st June, 2017 in a Class room. Around some 50 students participated in this competition. Concerned experts evaluated the sheets. The topic given was **Importance of yoga in a student's life.**

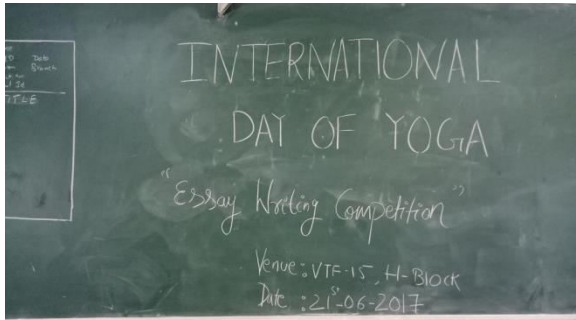


Fig. Students participated in essay writing competition

Function on International Day of Yoga (IDY)

“International yoga day” main function was celebrated in a grand manner at 10AM in the convocation hall. All the internal dignitaries, faculty, students attended the function and played their role in making the event successful.

Dr.V.Madhusudhan Rao, In charge Vice Chancellor in his opening address expressed that one’s health condition always remains in their own hands and that it depends on the food we take and exercise we do, yoga is the best way to maintain one’s health conditions and that if we want to have a healthy mind we should have a healthy body and the practice of yoga is one of the best method to maintain a clean body and mind as well. Later Mr.Meduri Bhaskar Rao, Yoga coach of the varsity gave a demonstration and made the audience do some of the yoga Asanas which was very refreshing. Mr.C.Raghava Rao, Asst Professor shared that the students these days are tending towards the fast foods and that they are treating the stomach as a dustbin and are not taking care of their health. Finally, The chief guest of the day Sri Mallikharjuna Rao Koduru, Yoga guru has shared his vast knowledge on yoga and said that there are 5 points to remember while doing yoga which are 1.Satyam 2Ahimsa 3.Asseyam 4.Apreetavyaham 5.Brahmacharyam and explained briefly about them. The chief guest has been felicitated by Dr.M.S. Raghunathan - Registrar, Dr. M.S.S. Rukmini - Dean, Student Affairs proposed the vote of thanks.



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