

International Yoga Day Celebration

The International Yoga Day celebration was marked by enthusiastic participation from all staff members. The event was graced by the presence of Dr. S. N. Sushil, Director, who delivered an inspiring speech emphasizing the importance of incorporating yoga into our daily routines. He highlighted the benefits of yoga on our health, particularly on the liver enzymes SGPT (Serum Glutamic Pyruvic Transaminase) and SGOT (Serum Glutamic Oxaloacetic Transaminase). Dr. Sushil also led the participants in performing a few yoga asanas, setting a motivating example for everyone. The yoga session was conducted under the expert supervision of Dr. Deepa Bhagat, an AOL certified yoga teacher. The session began with the chanting of the Patanjali mantra, followed warmup and the Suryanamaskara. The series of asanas included: **Parsva Kati Chakrasana, Trikonasana, Paschimottanasana, Bhujangasana, Pavana Muktasana**. In addition to the asanas, the session also included various pranayama practices: **Omkara, Nadi Shodhana Pranayama, Bhramari Pranayama**. Dr. Kolla Sreedevi contributed to the session by guiding participants through Tadasana. The collective participation and dedication of all attendees made the celebration a grand success, promoting the holistic benefits of yoga for physical and mental well-being. The event concluded with a sense of rejuvenation and a shared commitment to integrate yoga into our everyday lives for better health and productivity.







