

3rd INTERNATIONAL YOGA DAY – 2017

21-06-2017

3rd International Yoga Day was celebrated by Mahaveer Institute of Science and Technology on 21st June 2017. The programme was organized in college tournament hall. It started at 6:00AM with Vandematharam song and Lighting of the lamp.

Sri S.Sudhrshan Reddy, Chairman of Mahaveer Group of Institutions, Sri, S.Surender Reddy, Secretary of Mahaveer Group of Institutions, Sri. Ravi Kumar and Ms.Bitapi, Volunteers from ISHA foundation, Principal, Head of the departments, Teaching and non teaching members of the Institutes and students participated in the programme.

Mr. Ravi Kumar, Volunteer, ISHA foundation started the Yoga session by showing video visual module. They showed various UPA-YOGA practice and made participants to practice the same in the hall. It was a 90mins session. Upa-Yoga helps to overcome physical as well as psychological stress. Upa-Yoga asanas which were taught help us to improve health, for success, to create Joy, Peace and Love in life. The modules say that these practices can be followed by any one above seven years of age.

Sri. S.Sudharshn Reddy , Chairman of Mahaveer Group of Intuitions spoke on this occasion. He stressed upon the introduction of YOGA practicing in present education system. This will help the students to overcome various problems and improves concentration enabling to succeed in their life. The practices which were in use earlier days should not be avoided and he requested everyone to keep practicing such healthy activities in this stressful environment. He said Mahaveer Group of Institutions will always encourage and promote such healthy programmes.

ISHA foundation provided Yoga modules CD's to the Participants so that they can practice at home. The management of Mahaveer Group of Institutions felicitated the ISHA Volunteers. After the programme, fruits were provided to the participants. Around 300 members took part in this programme. The programme conclude at 8.30AM.