**ENGLISH PRESS NOTE**

**Dt:21-06-2022**

MVGR-NSS & NCC Units in association with Heartfulness Institution and Yoga Consciousness Trust has celebrated 8th International Yoga Day as per the protocol. The Resource Person for the celebration Yogacharya Dr. Sri Krishna Chandaka, Director, Yoga Health Center, The Society for Yoga Education and Research, has addressed the students regarding the importance of Yoga and how it helps to cope with stress. Further he explained how yoga helps the students to regulate the mind and attain balance of mind in every perspective life. He exerted that every individual especially students should make Yoga and Meditation as a part of their lifestyle. Moreover, he mentioned the importance of Yoga Asanas, pranayama and other concentration techniques. He made students to practice Yoga as per its protocol. Further he has given the techniques of Vaksha-Udharana-Swasa and Sakhti Dharana Kriya for developing vitality and concentration.

Dr. B. Madhava Varma, Sr. Assistant Professor & Yoga Trainer spoke about various methods of Yoga practices with a live demonstration to the students of Boys hostel. He trained all the student participants with simple Yoga postures and emphasized the need for Yoga for one’s well-being and heart-based meditation for regularization of mind and also for evaluation of personality. Student Yoga Trainer Pusarla Harshita of IT department has conducted Yoga Session for Girls at Girls Hostels.

Dean of Students Sri. S. Mohan Kumar, Mr. N. Shanmukha Rao, NSS Program Officer, Dr.G.Anjaneyulu, Boys Hostel Chief Warden, Girls Hostel Warden Smt. L. Sujatha, staff and students have participated in the Yoga Day celebrations.