

Yoga and Meditation club

21-06-2025

A report on International Day of Yoga 2025



"Yoga is not just about fancy poses; it's about feeling good in your skin and connecting with yourself," says **Dr. G. Janardhana Raju**, certified yoga practitioner at NNRG, Hyderabad. *"It's a fantastic way to get in shape and take care of your body, mind, and spirit."* This ancient Indian practice, rooted in centuries of tradition, offers a holistic approach to well-being by blending physical postures, controlled breathing, and meditation.



While speaking, the certified yoga practitioner Dr Janardhana Raju today, enlightened about the protocol of International Day of Yoga (IDY). In addition, he pointed that the yoga practice session is certainly prove the physical, mental, and spiritual benefits. Yoga empowers us to lead more balanced, healthier, and mindful lives. Before the practice session of yoga, he asked all the participants to inhale deeply, and begin a journey of inner harmony and self-discovery. Make yoga a part of your daily routine—for a better *you* and a better *world*.



The Director of NNRG, Dr. C.V. Krishna Reddy, stated that *yoga fosters awareness among the students, staff, and faculty of the institute*. He appreciated Dr. G. Janardhana Raju, a certified yoga teacher, for his dedicated efforts not only within the institution but also for guiding students beyond the college premises and contributing to the betterment of society. *"Ultimately, everyone experiences a sense of happiness while practicing yoga,"* he concluded.



A total of 118 students from Engineering and Pharmacy disciplines, along with 13 faculty members of the institute, actively participated in a yoga session conducted on **21st June 2025** in observance of **International Day of Yoga**. The session was held under the guidance of Dr. G. Janardhana Raju, a certified yoga teacher, and followed the official Yoga Day protocol.



In the lead-up to the main event, practice sessions were organized from **2nd to 20th June 2025**, focusing on building awareness and familiarity with the protocol. During these sessions, special emphasis was placed on prayer and a sequence of yogic practices, including:

- Neck and shoulder stretching
- Trunk and shoulder rotation
- Tadasana, Vrikshasana, Pada-Hastasana, Ardha-Chakrasana, Trikonasana
- Bhadrasana, Vajrasana, Ardha-Ushtrasana, Vakrasana
- Makarasana, Uttanpadasana, Shalabhasana, and Shavasana

These sessions witnessed enthusiastic participation, with a total of 473 students and 20 faculty members regularly engaging in the practice routines conducted from 2nd to 20th June 2025. The initiative aimed to promote physical well-being, mental clarity, and a sense of harmony among students and staff, aligning with the true spirit of yoga.



GROUP PHOTO on INTERNATIONAL DAY OF YOGA (2025) with the Director Dr C V Krishna Reddy, Yoga Practitioner Dr G Janardhana Raju, Dean-SoP Dr Krishna Mohan Chinnala, Dean-SoMS Dr T Ravindra Reddy, HoDs of various departments, Faculty and student participants

Dr G SUBBARAO
Event Co-ordinator

Dr G JANARDHANA RAJU
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