

5th INTERNATIONAL YOGA DAY CELEBRATIONS

21st June 2019

The Women Empowerment Cell and NSS of Sree Vidyanikethan Educational Trust in association with Art of Living Foundation was organized 5th International Yoga Day on 21st June 2019. The theme of 5th International Yoga Day is "Climate Action."



Mrs. C.S.Vijaya lakshmi retired employee of Andhra Bank and member in Art of Living Foundation organized yoga sessions for both men and women faculty separately. She said, yoga means uniting postures with breath. She also said that a few minutes yoga a day can be a great way to get rid of stress, particularly for working people. Yoga is a great remedy to remove their tensions and help to have a calm and peaceful mind.



Mrs. C. S. Vijaya lakshmi educated the faculty on the importance of yoga. She explained that yoga helps in maintaining not only mental health but also social life. She demonstrated various Asanas starting with warming up and stretching, followed by the series of Vrikshasana, Padmasana, Thrikonasana, Badrasana, Vajrasana, Ardavristasana, Sasankasanam, Vakrasana, Makarasana, Shalabhasana, Pavanmukthasana, Sevasana etc. While doing the asanas, she explained the importance of those asanas and how they complement good health.



Finally, she concluded that regular practice of yoga will surely help everyone achieve a better life, physically, mentally and spiritually as well.

"Inhale the future, exhale the past"

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