



MALLA REDDY INSTITUTE OF MANAGEMENT

Approved by AICTE, New Delhi and Affiliated to O.U. Hyderabad.
Maisamma Guda, Dhulapally, Post(via)Kompally, Secunderabad – 500100

INTERNATIONAL YOGA DAY CELEBRATIONS ON 21st JUNE 2023

The International Yoga Day was celebrated on 21 June 2022 with great eagerness and enthusiasm in Malla Reddy Institute of Management, at Maisammaguda, Secunderabad under the NSS Unit and coordinated by Mr. K. Subba Reddy, NSS PO attended by staff and students.

Mr. K. Subba Reddy, NSS PO in the presence of Dr. P. Srinivasa Sastry, Principal and Mr. Firooz Ahmed, Head of the Department welcomed everyone for the program.



NSS PROGRAM OFFICER	HOD	PRINCIPAL



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The program was lead off with lighting of lamp by our respected Principal Dr. P. Srinivasa Sastry, followed by a prayer song sung by the college choir, and gave an enlightening talk on *Stress Management*. In his talk he stated that stress is due to external pressure and inability to cope with it. He educated the gathering on various ways to cope up with stress and its management and thus live a healthy life.

Before the demonstration, he explained the meaning of Yoga and then illustrated Pranayama and elaborated on its importance and benefits.



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Mr. Firoze Ahmed, Head of the department stressed on the need of Yoga to be practiced every single day. He elaborated the point that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being. The department faculty also delivered their ideas and given examples of the Yoga which had enlightens lives in the real scenario with motivating examples.



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Dr. P. Srinivasa Sastry, Principal and Mr. Firoze Ahmed HOD distributed prizes who have participated in elocution and essay writing on delivering the importance of yoga in everybody life by the students.



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Finally the session was concluded by Mr. K. Subba Reddy NSS Program Officer by delivering vote of thanks. He congratulated who actively participated in the eve of International day of yoga.



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