



# V. V. Institute of Pharmaceutical Sciences

Seshadri Rao Knowledge Village, Gudlavalleru-521356.

**Name of the Program:** “YOGA FOR PEACE OF MIND”

**Date of the Program:** 09-01-2019

**Resource Person Details:** Mr. N. V. Rama Rao



V. V. Institute of Pharmaceutical Sciences Organized a Program “YOGA FOR PEACE OF MIND” on 09-01-2019 by Mr. N. V. Ramarao Yoga teacher. He guided to do warm up exercises were taken and all the students’ practices and performed sitting and standing asanas, importance of these were explained simultaneously. Yoga practices often involve concentration and mindfulness exercises. These exercises can train the mind to focus better, which can be beneficial for academic or intellectual pursuits.

All the students were participated in the event very actively and the celebration concluded with the speech of our Principal, Dr. A. Lakshmana Rao garu.

He encouraged and motivated students to practice regular yoga to remain and improve concentrations.