

WOMEN CELL UNIVERSITY COLLEGE FOR WOMEN

International Yoga Day and World Music Day Celebrations 21st June 2019

REPORT

International Yoga Day and World Music Day were organized by Women Cell, UCW in collaboration with Department of Physical Education, UCW on 21st June 2019. As a part of the World Music Day, the College Choir group under the guidance of **Dr. Rupasri**, Department of Genetics, have rendered mesmerising songs which enthralled the audience.

Dr. Y. Ramaprabha, Principal and Incharge Secretary of Music College, is an accomplished singer, teacher and an able administrator and one of the resource persons of the program. She spoke on the topic '**NityajeevanamloNadhayoga**' and highlighted that Indian music has been immensely influencing the music across the world since its inception. She expressed the importance of Nadha yoga in our daily life, which when practised enhances the well-being of human kind.

The Chief Guest of the program **Dr. P. Sudarshan Reddy**, an octogenarian Yoga Guru addressed the gathering and focussed on the significance of Yoga. He opined that Yoga is a science which aims in accomplishing mental, physical, social and spiritual well-being of oneself. Later, his students have stunned the audience with the demonstration of various asanas like padmasana, mayura asana, suryanamaskara, etc explaining about their health benefits.

Dr. A. Gayathri Devi, Yoga trainer and faculty of UCW have demonstrated the basics of Yoga through the topic "**Yoga – A great Indian science**". Her team have systematically performed various basic principles of Yoga starting with pranayama and related breathing exercises to various mudras, physical exercises through asanas to clean yogic nadis were also practically demonstrated to the audience.

Photos





