

Beat: News

Practice Yoga For Holistic Health

International Yoga Day Celebrations

Proddatur, Andhra Pradesh, India, 21.06.2015, 16:45 Time

USPA NEWS - Mr. P Srirami Reddy, Retired Head Master, addressing in International Yoga Day Celebrations held at VITS, Proddatur on 21-06-2015. Mr. Srirami Reddy said that we can achieve concentration by coordinating mind and body through Yoga.

There is a false notion among the people that Yoga is for the old-aged. It is not only for the old-aged but also for all. Practice Yoga for holistic health, said Mr. P Srirami Reddy, Retired Head Master, who attended as the chief guest at the celebrations of International Yoga Day organized in Vaagdevi Institute of Science and Technology (VITS) on June 21.

Addressing on the occasion, Mr. Srirami Reddy said that we can achieve concentration by coordinating mind and body through Yoga. The youth need to practice Yoga to get rid of their behavioural and attitudinal problems. He wanted Yoga to be made compulsory from LKG to Post Graduation.

Yoga Guru Shri B Tirupalaiah said that practicing Yoga keeps the mind under control and cures completely both mental and physical illnesses. He lauded the management of VITS for making Yoga a compulsory subject in the timetable for the last seven years.

VITS Principal Dr. N Kumara Swamy underlined the importance of Yoga and said that we all should make Yoga an integral part of our daily lives to gain the holistic health.

Retired Superintendent Mr. Loknath, NSS Officers Mr. K Pedda Peeriah, Mr. KV Bhanu Prasanth, K Rama Mohan Reddy, Mr. B Sudeer Kumar, Faculty Members and Students participated in the event.

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