INTERNATIONAL YOGA DAY CELEBRATIONS

Date: 21st June 2022

Organized by

WOMEN CELL, NCC and NSS, Music Club

Women's Cell, NSS and NCC wing, Music club of Telangana Mahila Vishwavidyalayam, Koti, organised International Yoga Day And World Music Day on 21st June 2022 at Esra hall.

Yogacharya Brij Bhushan Purohit was the Chief Guest for the program.

The program started with the welcome address by Dr. KSN Jyothi, member, Women Cell. Prof. M. Vijjulatha, Principal, UCW addressed the students and spoke on the importance of Yoga and the multidimensional approach towards life that should be inculcated by one and all. She highlighted the significance of music in everyday life. Vice principal Dr. B. Shailaja and Vice-Principal (Hostels) Dr. Sabeha Sultana addressed the students and emphasised on the significance of celebrating Yoga day.

Dr. Rupasree,, Coordinator of Music club, Dr. Varija Rani, Head, Dept of Telugu and students of the choir group rendered a wonderful medley containing various forms of music comprising of Hindustani, Carnatic, western and Bollywood songs to commemorate Music day celebrations.

Yogacharya Brij Bhusan, explained the significance of Yoga and made all the staff and students perform some yogasanas to improve general health and immunity.

The program ended by Vote of thanks from Lt. Dr. Deepika Rao, Head, Dept of Physical Education.

