

# ADITYA

## PHARMACY COLLEGE

Approved by AICTE & PCI – NEW DELHI, Affiliated to JNTU KAKINADA  
(Formerly known as Aditya Institute of Pharmaceutical Sciences & Research)

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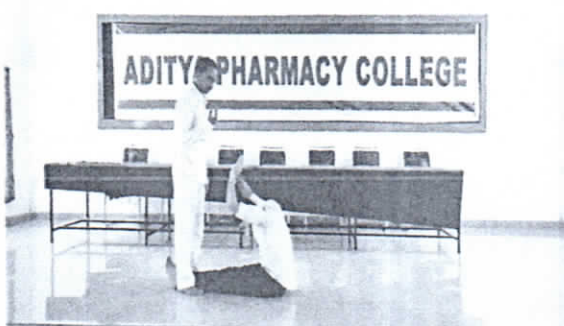
24-06-2019

### Report


Aditya Pharmacy College organized a **Yoga session** to create awareness on the physical and mental well-being among students on **21/06/2019** between 2.00 pm to 4.00 pm. 128 students from III B.Pharm, III Pharma D and I M.Pharm students actively participated in the session. Dr.D.Sathis Kumar, Organizing Secretary, interacted with students as part of an introductory event. The yoga practice session was attended by B.Pharm and PharmaD students. The practice session was led by Mr.Masimukkala Shiva Rama Krishna, Yoga Guru, Palimeru Yoga Center. During this session, yoga asanas, pranayama and meditation were practised by the students. The activities were as follows.

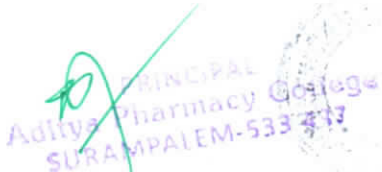
- Asanas – Vajrasana, Sukhasana, Bhujangasana, ArdhaHalasana
- Suryanamaskar – 12 steps (Yogic Exercises)
- Pranayama – Kapalabathi and Nadishodhana (Breathing Exercises)
- Meditation– State of Superconscious Mind

Dr.D. Sathis Kumar, Organising Secretary, closed the session by thanking everyone.



  
Coordinator

  
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