

National Service scheme

MALLA REDDY PHARMACY COLLEGE

INTERNATIONAL YOGA DAY CELEBRATIONS-2019



NSS Cell Malla Reddy Pharmacy College has organized one day workshop on “yoga for youth” with the collaboration Meditation master classes with Daaji in Seminar hall, MRPC on 21-06-2019 from 10:00 am to 03:00 pm. Eminent speakers presented their lectures on yoga and they explained the importance of yoga for youth.

The program is inaugurated by hon'ble Chairman Mr. Ch. Malla Reddy Garu, Mr. Praveen Reddy Garu, Director, Women's Campus and Dr. G Tulja Rani Garu, Principal of MRPC, Dr Asha Ranjani garu, Vice-Principal, MRPC, Dr. Anindita Mondal Gantait, HOD, Pharm.D, MRPC, Mr. N L Mahmood, NSS Co-Ordinator, MRPC.



Mr. Praveen Reddy encouraged the students and faculty members by discussing the certain advantages of Yoga. He mentioned that Yoga leads to a healthy developments in body and decreases many diseases.

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Dr. G Tulja Rani Garu, Principal of MRPC, shared her experience that yoga is very much useful in reducing the stress and the need of yoga for every citizen.



Then Mr. Daaji explained the importance of Yoga, how one can control the brain, breathing system and can get rid of diseases.

Eminent speakers share their talks on yoga.

1. Behavior and stability by Dr. V Asha Ranjani, Vice-Principal, MRPC.
2. Yoga Practice by Dr. Anindita HOD, Pharm.D., MRPC.
3. Self Esteem Talk by Dr. G Sailaja, HOD, Pharmaceutics Department, MRPC.
4. Success in life by Dr. Snehalatha, HOD, Pharm. Chemistry Department, MRPC.