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Dr. MCR HRD Institute Celebrates Third International Yoga Day with Enthusiasm

The Officers, Faculty, Staff, and Trainees of Dr. MCR HRD Institute of Telangana came together to celebrate the Third International Yoga Day with great zeal and energy. All the participants attended a one-hour long yoga session, practicing several key "asanas", including stretching, strengthening, and breathing under the expert guidance of Dr. G Lakshmi, Sri Sessa Reddy, Sri Karunakar, Sri Madhuhaas, and Kum. Saroja, the teachers from Art of Living Organisation. The event was greatly instrumental in creating broad-based awareness about the benefits of yoga for all sections of society, irrespective of their age group, including even people who have mobility challenges. The team of Art of Living Teachers also introduced the ancient mind-body practice to a generation of technology-loving kids and reintroduced it to an older generation of high-strung adults.

Dr. G Lakshmi, Faculty of the Institute and Art of Living Teacher, who was the Coordinator of the event, said that yoga is a great way to destress and relax, especially for those who are having tough jobs and juggle a lot of things. "People are losing their health consciousness, but yoga is one way to get it back", she said and added that yoga helps people in attaining union of mind and body, maintaining balance among their thoughts, emotions, and feelings, and thereby improving their effectiveness, efficiency, and productivity.

Sri M P Sethy, Joint Director General (Emeritus), Sri D. Manohar, General Manager (Facilities), and other senior functionaries attended the event and boosted the morale of the participants



Yoga Session in Progrss