

Report on International Yoga Day at GRIET, Hyderabad

21 June 2017

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for a working human being, Yoga is a great remedy to remove their tensions which definitely affects their health because they have to nurture the home, fulfill a demanding career, take care of the family and handle household work. Yoga help working people by giving their emotional strength so that they can easily manage all pressures and can give their best intellectual abilities.

In view of this NSS and WDC of GRIET regularly organize workshops on Yoga and Meditation for staff as well as students of GRIET family. The instructors explain remedies for personal health problems and issues related to stress to the participants with lot of patience for the well being in their future life.

As an extension of this GRIET has celebrated International Yoga Day on 21 June 2017 with huge gathering to create more awareness on Yoga and Meditation to make the members of GRIET as best citizens of our nation. The participants have shown keen interest to do Yoga on continuous basis. To support this, the Management of GRIET has allocated one hour a day to practice Yoga on regular basis. The Session is ended by taking the **Sankalpa** that is given in AYUSH portal.