Kpsvs Ayurvedic medical college and Hospital, manvi Dt. Raichur.

On the Eve of "10th International Yoga Day June 21st 2024" Theme: Yoga For Self And Society ". "Yujyate anena iti Yogah" Means 'To Unite' or 'To Join' the Body and Soul/Sprit.We commenced the program at 6:30 am with the Divine Presence of our Poojya Sri Virupaksha Panditaradhya Shivacharya Mahaswamiji Kalmath, By Lighting the Lamp of wisdom and knowledge with our respected Prinicipal Sir Dr Jeevneshwarayya,Dr Suresh Rao Deshpande HOD Of Swasthavritta Department, Dr Sumngala, and Our Guest Of Honor Sri Kumar Simha Sir and Dr Gowthami Art of living International Yoga Centre, Bengalore. Also All Our teaching faculty, non-teaching staff, Undergraduate students and internees were also actively participated in this event.

Afterwards our Adorable Swamiji delivered the speech that Yoga is not only doing yoga asanas and pranayama just for the name sake on yoga day rather than we should learn that how can we control our mana's means mind and its thought processes also how we will do our Day to Day Karma (actions) with clear vision, so that one can lead successful life and can also reach/fullfil individuals goals.

Later Respected Sri Kumar simha, Art of living, Bengalore.addressed the gathering, India is now considered as "Vishwa Guru" For entire world, which is also having Diversity in Food, Culture, Ayurveda and Yoga, etc. Now our India teaching everyone around world that how one can lead his life into Divine & Sathwik way. Then afterwards from our second phase BAMS Girls Students performed "Yoga Dance" by giving the message why we have to adopt yoga and asanas& pranayama for the development self and society. Also they focused specially on "Women's Health and importance of different stages in her life also in the society.

Afterwards we started practicing yoga according to Yoga Protocol, demonstrated by second phase students.

Then Sri Kumar simha Sir Art of living, Bengalore, Sir has engaged the session by teaching Pranayama and beautiful Dhyana for all of us.

At the end our respected Principal Sir has given Presidential speech, Importance of Yoga specially in students life to manage the self.

