

## **International Yoga Day Celebrations - 2023 Dr Satya Kishore - NSS Programme Officer. Dr D. Ranga Rao – NSS Chairman, Dr PSIMS & RF**

The NSS unit of Dr. Pinnamaneni SIMS & RF organized a yoga demonstration session for the students on June 21, 2023, on the occasion of International Yoga Day. Vasudaiva Kutumbam is the theme for the 2023 International Yoga Day. This Activity was organized at Hanumara Lecture gallery-1 from 10:00 AM to 10:45 AM

300 Students of 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> MBBS have participated in the activity. Participants in the programme include Dr. D Ranga Rao, NSS unit chairman, Principal of Dr. Pinnamaneni SIMS & RF, Dr. Swathi Poornima, Professor and Head of Anatomy, and Dr. Satya Kishore, Assistant professor of community medicine.

Dr Chethana who won 1<sup>st</sup> prize in the Dr NTRUHS intercollege Yoga competitions for 2021-22 demonstrated yoga postures. She shared her experiences on how yoga has impacted her career and overall health. Chetana was aided in demonstrating Yoga postures by Bhavagna and Tarunya, students of second year MBBS.

Dr. D Ranga Rao, principal and chairman of the NSS, emphasized the importance of Yoga in personal health and well-being. He encouraged students to practice Yoga on a daily basis.



Dr D Ranga Rao, Principal & NSS unit Chairman, Dr Pinnamaneni SIMS & RF addressing the students on the occasion of International Yoga Day



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Dr Swathi Poornima, Professor & Head, Department of Anatomy



Dr Chetana, Intern of Dr Pinnamaneni SIMS & RF demonstrating Yoga postures