

RVM INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTER LAXMAKKAPALLY (V), MULUGU (M), SIDDIPET (D) 502279



## **DEPARTMENT OF PHYSIOLOGY**

"Yoga is invigoration in relaxation Freedom in routine Confidence through self-control Energy within and energy without"



Yoga was being practiced in the pre-vedic periods great sage "Maharshi Patanjali". Yoga is an ancient mind body practice that brings physical, mental & emotional harmony. Over the last few decades, there has been an upsurge in the prevalence of yoga, adopting & recommending the regular practice of yoga due to its various benefits.

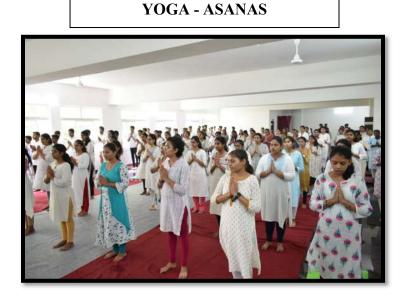
Workshop on Yoga: Harmonizing the body, mind & emotions" on the occasion of 9<sup>th</sup> International day of yoga, 21<sup>st</sup> June 2023 conducted by department of Physiology.







Lamp lightening by Dr. Shravan kumar (Dean), Dr. Dr.Vandana S. Daulatabad – (Professor & HOD), Dr.Rajeshwar reddy (Professor), Dr.Prasanna (Vice principal), Dr.Hemanth Rao (Principal)



PRAYER







SURYANAMASKAR



TADASANA







VRIKSHASANA



BHUJANGASANA







VAKRASANA



SAVASANA AND YOGA NIDHRA







## YOGA CHARTS BY STUDENTS

