



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 9th International day of yoga, 21st June 2023 conducted by department of Physiology.



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

YOGA - ASANAS



PRAYER



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SURYANAMASKAR



TADASANA



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VRIKSHASANA



BHUJANGASANA



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VAKRASANA



SAVASANA AND YOGA NIDHRA



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YOGA CHARTS BY STUDENTS

