

Celebration of International day of Yoga at JSS University, Mysore

The world day of yoga was celebrated at JSS Medical College organized by NSS Units of JSS University, Mysore. The programme was inaugurated by Mrs. Meera Rama Rao, a renowned yoga guru of Mysore. She delivered a lecture on benefits of yoga. Yoga is useful to overcome the stress in today's busy lifestyle. Yoga is an invaluable gift of Indian tradition. It embodies unity of mind and body, thought and action, harmony between man and nature. She also mentioned that the yoga will bring all the religions together which can bring peace and harmony in the society. Training on yoga was also organised after the lecture. More than 250 members including faculties and NSS Volunteers participated in the programme. Dr Manjunath B. Registrar, Dr P.A.Kushalappa, Director (Academics) JSS university, principals of the constituent colleges of JSS university, NSS programme coordinator and programmes officer were present in the function. Dr. Renuka, HoD, dept. of community medicine welcome the dignitaries of the programme and Dr. D. Sunil Kumar, NSS programme officer proposed vote of thanks.







