

PRESS NOTE

Amaravati, June 22, 2023

'Yoga' is the Process of Uniting the Mind and Self

– Yoga workshop concluded at SRM University-AP

“Yoga is not just physical exercise. It is a union with the self, union with the universe. The universe lies outside and inside us. If we connect with ourselves, that means we are connecting with the universe”, said Prof. Manoj K Arora, Vice Chancellor, SRM University-AP on the occasion of **International Yoga Day Celebration** held on June 21, 2023.

A yoga session was held under the joint venture of the Directorate of Sports and Directorate of Student Affairs. Prof. Arora, who participated as the Chief Guest in the programme addressed the staff and students through a session on Meditation and Wellness and announced the starting of a Yoga Club in the varsity.

Dr Abdul Mohimin, Assistant Director of Sports, spoke at length on the practice of yoga. Additionally, students of the varsity demonstrated dance yoga and clap yoga sessions, which left the audience invigorated. Dr R Premkumar, Registrar; Prof. Vishnupad, Dean-SLASS; Dr K Mohan, Director-ITKM; Dr Vijay Kumar Upadhyay, Director-Sports; Dr Manish Kumar, Director-Human Resources; Mr Pankaj Belwariar, Director-Communications; Mrs Suma N, CFAO; faculty; staff and students participated in the celebration.