

**Press Release**

June 21, 2016

**Yoga Day Celebrated at MANUU**

**Hyderabad:**

Maulana Azad National Urdu University organized International Yoga Day today. Chief Guest Dr. Ramakant Sahu, Ayurvedacharya, Patanjali Chikitsalaya, Gachibowli delivered the lecture on importance and relevance of Yoga. Mr. Ram Avatar Tiwari, Yoga Guru, demonstrated different Asans at Sports Complex, MANUU Campus. Dr. Sahu in his lecture said Yoga not only ensures physical health but also contributes to the mental fitness. For example during normal course of respiration only 30% of lungs are used, whereas during Pranayam this important organ of the body is utilized completely. Dr. Mohammed Yousuf Khan, Principal Polytechnic presided over and advised the students to take up Yoga and physical activity for healthy life. He expressed his pleasure for organizing the event. Dr. Mohammad Fariyad, Coordinator NSS and Yoga Day in his remarks said that Government is focused to promote Indian Culture and Civilization, Yoga is part of our culture. Certificates were distributed among the participants. Large number of students, faculty and staff members were present.



**Abid Abdul Wasay**  
*Public Relations Officer*