

Significant Activity for the month of June, 2025

International yoga day (Yoga sangamam)

To commemorate International Yoga Day, RAAS - Krishi Vigyan Kendra, Tirupati, and RAAS Jan Shikshan Sansthan jointly organized the 11th International Yoga Day grandly in the name of **“Yoga sangamam”** under the theme **"Yoga for Humanity"** at KVK on 21.06.2025. Sri Shivaji and Sri Krishna from Patanjali Yoga Kendra attended as chief guests of the programme and Dr. D. Umadevi, Dr. D. Kona Prabha, and Dr. M. Indrani, Faculty of Sri Padmavathi Mahia University, Dr. S. Sreenivasulu, Senior Scientist and Head, RASS-KVK, A. Padmaja, P.S. Sudhakar, T. Ramu Kumar, Dr.D. Anusha, Scientists, RASS-KVK, Sri Mohan, Director RASS-JSS and 105 farmers were attended the event.

During the event, Sri Krishna and Sri Shivaji from Patanjali Yoga Sanstha explained the importance of yoga and its benefits in daily life. They elaborated on how yoga contributes to physical and mental health and urged everyone to incorporate yoga into their lifestyle.

In his address, Senior Scientist and Head Dr. S. Srinivasulu spoke about the role of yoga in the health care of farmers and rural communities. He highlighted how yoga significantly helps in reducing stress and improving concentration.

Subsequently, a yoga camp was conducted under the supervision of yoga experts, where participants practiced various yoga asanas and pranayama techniques. The experts explained how yoga can be beneficial in addressing common health issues.



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By Ram Kumar