

INTERNATIONAL YOGA DAY 2017

Yoga is a way of life. It helps us to control our mind and body. There are various yoga postures or asanas that help us to keep our body fit and healthy. The declaration of 21st June as international yoga day was initiated by the Indian Prime Minister, Mr. Narendra Modi on 27th of September in 2014 during his address to the UN General Assembly.

MRCET too participated in this event. The event's star speaker was **Sister BK Radhika** from spiritual organization Brahma Kumaris. Well known Rajyoga teacher Radhika holds masters degree in psychology. The function invocation by Mr. Surya Narayan garu mesmerized the audience. He introduced the audience with Sister Radhika's achievements. In the welcome address, **Dr V S K Reddy, Principal of MRCET** stated that Yoga makes a scientific approach to the inner well-being of the human being and helps us to think better, stay calm and be peaceful. **Dr. Murali Krishna**, Dean of MRCET along with **HODs** of Different Departments accompanied Principal in the inauguration of this event.

Sister Radhika took her position at podium and instantly connected with audience. Her observation about strong bonding of Seva members during her interaction was inspiring. Sister Radhika spoke about "What fosters or festers relationships". She shared wonderful stories from her vast experience of 17+ years. Each story referred to different relationships like parenthood, companionship, friendship, family bonding etc. involving various generations. Each story had a moral and grabbed the attention of audience. Everyone found connection to most examples in their life. Her suggestions and tips for practicing Rajyoga will surely be followed by many.

After indulging food for soul, mind and heart, it was time to depart. At the end of the session, everyone left the arena taking blessings from **Sister Radhika**. Yoga is truly an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with ourself, the world and the nature.

