

## 2022-23

Bhavan's Vivekananda Yoga Centre has taken initiative to bring groups of students from NCC, NSS, YRC and BSG clubs of Bhavan's Vivekananda College of Science, Humanities and Commerce to participate in the Brahmotsavam 25 Days Countdown Programme to 9<sup>th</sup> International Day of Yoga 2023 led by Dr. Y. Suresh, Coordinator of BVYC, on 27-05-2023 at Parade Grounds, Secunderabad.

**Yoga Brahmotsavam**

Chief Guest  
Sri K. Chandrababu Naidu  
Chief Minister  
Govt of India

Guest of Honour  
Sri Kiran Reddy  
Chief Minister  
Ministry of Culture and  
Tourism  
Govt of India

**25 Days Countdown Program to  
9th International Day of Yoga 2023**

With the Support of Ministry of AYUSH and  
Ministry of Tourism and Culture, Govt of India

Jointly organised by Telangana Yoga Association,  
Indian Yoga Federation, Namaste India and other  
Yoga and Wellness Organizations

At Parade Ground, Sec'bad, T. S  
Date : 27th May 2023 Time 5:15 am

Register your name today Through Google form  
For any clarification WhatsApp or call +91888665690/91,  
+919121943440/+918988066321



## Report of Yoga Camp

On March 6th, 2023, a Yoga camp was conducted in the Sri Venkateshwara Vedanta Vardhini Sanskrit School & College, at Old Airport Road, New Bowenpally-Secunderabad where 136 students were participated. The training was led by Dr. Y. Suresh, who is an expert in yoga and has been practicing it for over 13 years. The aim of the camp was to educate the students about the benefits of yoga and how it can improve their overall health and well-being. The training emphasized the importance of proper breathing and how it can help to increase energy levels, improve concentration, and boost immunity. In addition to the physical benefits, the training also focused on the mental and emotional benefits of yoga.

