Report on "Rtu-Prakrti: Role of Yoga"



A session on **"Rtu-Prakrti: Role of Yoga in Honoring the Natural Rhythms of Womanhood"** was organized on 15th October 2026 at 2:00 PM in Sri Rama Sabhabhavana, VCET, Puttur, by the Grievance Redressal Cell (GRC) and the Department of Basic Science, in association with the College Internal Complaints Committee (CICC).

The session was conducted for first-year girl students, with **Smt. Soumya Pradeep Hebbar**, Yoga Instructor and Wellness Coach, Bengaluru, as the resource person. **Smt. Veda Lakshmikanth Acharya, Director, VCET Governing Council, Puttur, presided over the function.**

The programme focused on understanding the natural physiological changes in women and the significance of yoga in maintaining physical, mental, and emotional well-being. It emphasized the importance of adopting yoga and healthy lifestyle practices to promote hormonal balance, manage stress, and enhance overall wellness.

The session aimed to create awareness about women's health, encourage self-care, and empower students to lead a healthy and balanced life.

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