

**SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA, PALNADU DISTRICT**



**INTERNATIONAL YOGA DAY**

**DATE: 21.06.2024**

**TIME: 10:00 AM – 1:00 PM**

**CONDUCTED  
BY**

**DEPARTMENT OF PHYSICAL EDUCATION**

## Activity Report

S. No.	Content	Name
1	Name of the Programme	National Yoga Day
2	Date & Time	21.06.2024 & 10.00 AM – 1.00 PM
3	Conducted by	Dept. of Physical Education
4	No. of Students attended	100
5	Chief Guest	Dr K. Srinivasa Rao garu Principal
6	Convener	1. Sri. M. Jagadeesh, HOD, Physical Education 2. Sri G. Venkata Chari, Physical Director

### International Yoga Day

On June 21, 2024, SGK Government Degree College, Vinukonda, organized a vibrant celebration of **International Yoga Day**. The event aimed to cultivate a sense of holistic wellness and mental harmony among the student community. The proceedings began at 10:00 AM with a large gathering of students, faculty, and administrative staff on the college premises.

The celebration was formally inaugurated by the **Principal, Dr. K. Srinivasa Rao**, at 10:30 AM with a mass yoga demonstration. In his opening address, Dr. Rao highlighted that yoga is not merely a physical exercise but a scientific system of self-realization and mental discipline. He emphasized how yoga practice can help students achieve greater mental clarity and emotional stability, which are crucial for academic success in the modern competitive world.

Following the mass demonstration, several distinguished faculty members shared their insights. **Ch. Hari Babu, Vice Principal**, spoke on the practical aspects of yoga, urging students to incorporate at least twenty minutes of *asanas* into their daily routines to maintain a balanced life. **Dr. K.V.S. Koteswara Rao, IQAC Coordinator**, explained that for yoga to be truly effective, it must be adopted as a lifelong practice for overall well-being rather than a one-day event. **BRK Kishore Behara, Academic Coordinator**, discussed the psychological benefits, noting that yogic breathing techniques (Pranayama) are powerful tools for reducing stress and improving concentration during examinations. **M. Jagadeesh, Head of Physical Education**, demonstrated several postures and stressed that physical fitness is the foundation of a sharp mind.

A major highlight of the day was the **Yoga & Wellness Quiz Competition**, designed to test students' theoretical knowledge of yoga's history, asanas, and health benefits. A total of **10 groups**, each consisting of **3 members**, participated in this intellectually stimulating competition. The quiz served as an interactive way to promote awareness about the traditional roots and modern applications of yoga. The competition was structured into three rounds: Basic History, Asana Identification, and the Benefits of Yoga for Mental Health. The students displayed remarkable enthusiasm, reflecting their growing interest in a disciplined lifestyle.

The event concluded with a formal vote of thanks, leaving all attendees feeling refreshed and inspired. Through this combination of physical practice and academic competition, SGK Government Degree College successfully reinforced its commitment to the mindfulness and holistic development of its students.


  
IQAC COORDINATOR  
SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA- 522647, Palnadu Dt., A.P.

  
PRINCIPAL  
SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA - 522647, Palnadu Dt., A.P.

### List of Participants

Team No	Student Name	Year & Course	Result
1	Gunji Merin Kumar	III B.Sc (CS)	1 <sup>st</sup> Place
	Ramavathu B. Naik	II B.Com (CA)	
	Chilakabattini Gopi	II B.A (Eco)	
2	Ambadipudi Anusha	III B.Sc (Che)	2 <sup>nd</sup> Place
	Guddenti Maheswari	II B.A (Eco)	
	Guduri Anjali	III B.Sc (Che)	
3	Yadla Triveni	II B.Com (Gen)	3 <sup>rd</sup> Place
	Banka Gopi	III B.Sc (Che)	
	Veeradasu Yesu Babu	III B.Com (Gen)	
4	Shaik Abdul Basha	II B.A (Eco)	Participated
	Shaik M. Meera	III B.Sc (Che)	
	Kamasani Naga Teja	II B.A (Eco)	
5	Dupati Siva	II B.Sc (CS)	
	Indlacheruvu Anusha	III B.Sc (CS)	
	Galam Subhashini	II B.Sc (Com-Sci)	
6	Shaik Mahaboob	III B.Sc (CS)	
	Macherla Venu	III B.Sc ((CS)	
	Dudekula Saidulu	II B.Com (Gen)	
7	Shaik Shayar	II B.Com (CA)	
	Chilakabattini P. Rao	II B.A (Eco)	
	Mitnala Kishore	II B.Sc (CS)	
8	Marasu Naga Sailaja	III B.Com (Gen)	
	Nandigam Komali	II B.Sc (Zoo)	
	Shaik Mastan Babu	II B.Sc (CS)	
9	Shaik Abdul Basha	II B.A (Eco)	
	Mareboina Lakshmi	III B.Sc (Che)	
	Gunjari Yesudasu	III B.Com (CA)	
10	Pagidi Mariya Raju	II B.Com (Gen)	
	Dudekula Mastan Bi	II B.Com (Gen)	
	Mudavathu B. Bai	III B.Com (Gen)	

  
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**GALLERY**



*K.V.S. Kal*  
IQAC COORDINATOR  
SGK GOVERNMENT DEGREE COLLEGE  
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*K. Sreen*  
PRINCIPAL  
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