

SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, PALANADU DISTRICT



INTERNATIONAL DAY OF YOGA

DATE: 21.06.2024

TIME: 10.00 AM – 11.00 AM

CONDUCTED BY

PHYSICAL EDUCATION

&

NSS

Activity Report

S. No.	Content	Name
1	Name of the Program	INTERNATIONAL DAY OF YOGA
2	Date & Time	21.06.2024 & 10.00 – 11.00 AM
3	Conducted by	Dept. Of Physical Education & NSS
4	No. of Students attended	30
5	Chair person	Dr K. Srinivasa Rao, Principal
6	Program Conveners	1. Sri M. Jagadish, HOD Physical education 2. Sri G. Anjaiah NSS PO 3. Sri G. Venkata Chari Physical Director

Brief Description:

International Yoga Day June 21.2024

SGK Government Degree College, Vinukonda, observed International Yoga Day on June 21, 2024. The event featured the practice of various yoga asanas by the staff and students under the guidance of the college's Physical Director, Sri G. Venkata Chari, who is a professional practitioner of yoga.

The main theme of this year's International Yoga Day, the 10th in its series, was “YOGA for Self and Society,” emphasizing the motto "Harmony and Peace." Since its inception, yoga has become an integral part of a healthy lifestyle, offering a sound mind and sound health, and serving as an effective remedy for many incurable chronic diseases. For students, in particular, yoga enhances concentration and relieves stress.

Dr. K. Srinivasarao, the Principal, highlighted the importance of yoga, advocating its role in enhancing the mental, physical, and spiritual well-being of individuals. Following the Principal's address, Physical Director G. Venkatachari initiated the celebrations with a prayer and taught 20 yoga asanas to the students and staff, explaining their benefits. Participants also benefited from practicing Pranayama and Meditation.

Approximately 30 students and staff members participated in these celebrations, contributing to its success.

Photos



Pranamasanam



Vrukshasanam



Sukhasanam



Ardhakatichakrasan



Dandasanam