

**SUBHARAM GOVT DEGREE COLLEGE  
PUNGANUR-517247  
CHITTOOR DIST**

**A Report On**

**INTERNATIONAL YOGA DAY**

**Conducted on  
(21.06.2022)**

**Organized by**

**K ANIL KUMAR**

**Lecturer in English**

**In-charge of Physical Education Department**

**&**

**Sri P Ram Kumar  
Lecturer in Physical Education  
SRGDC  
Punganur**

**SUBHARAM GOVT DEGREE COLLEGE, PUNGANUR**

**NATIONAL YOGA DAY**

**21.06.2022**

**CIRCULAR**

**20.06.2022**

All the teaching staff and students are hereby informed that the Dept. of Commerce is going to organize NATIONAL YOGA DAY celebrations on 21/06/2022 in seminar hall at 12.00 P.M. Hence all are requested to attend the programme and make it a grand success.

*Y. Rajasekar*  
PRINCIPAL  
S.R. Govt. Degree College  
PUNGANUR - 517 247  
Chittoor District.

Principal

**OBJECTIVES OF PROGRAMME:**

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

## **REPORT OF THE PROGRAMME:**

International Yoga Day was grandly celebrated in SRGDC, Punganur on 21.06.2022 in the seminar hall at 10.30 AM by the department of Physical Education. The programme was inaugurated and presided over by Dr Y Rajasekhar, Principal. Sri K Nandeeswaraiah, Vice-Principal, K Anil Kumar, In-charge Physical director, all the lecturers and students graced the occasion. The programme was organised by Sri P Ram Kumar, Lecturer in Physical Education. The speakers threw light on the benefits of yoga and how yoga helps when we feel stressed. Then Ram Kumar explained the history of yoga and the significance of yoga in the present day world. Then Ram Kumar conducted an hands-on practice session where he demonstrated a few easy yogasanas that help the students. The staff and students followed him and performed asanas and learnt them. And finally the programme ended with the precautions to take by the students while performing yoga by Ram Kumar.

### **Outcomes of the programme:**

Students learnt that

- Yoga can reduce the risk of injury, reduce stress and increase concentration.
- Understand the connection of body and mind.
- Develop the body awareness of the students.
- The students feel more stress during the exams, seminars and training.  
Hence knowledge and awareness about yoga will play a significant role and benefit the students.

## PHOTOS OF THE PROGRAMME



### Feedback from the Students

Event: NATIONAL YOGA DAY

Date: 21-06-2022

The international Day of yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014.

S. Achiya.

ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನವು ಜುಲೈ 21 ನೆ ಸಂಭ್ರಮಿಸಲಾಗಿದೆ. ಈ ಅಭಿವ್ಯಕ್ತಿಯು 193 ದೇಶಗಳ (ಅಂತರಾಷ್ಟ್ರೀಯ) 175 ನೇ ಸಭೆಯಲ್ಲಿ ಸ್ಥಾಪಿಸಲಾಗಿದೆ.

S. Sagar.

The international Day of yoga has been every year celebrated across the world annually on June 21 since 2015. It is very useful in human.

S. Chahistah.

ಅಂತರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನವು ಜುಲೈ 21 ನೆ ಸಂಭ್ರಮಿಸಲಾಗಿದೆ. ಈ ಅಭಿವ್ಯಕ್ತಿಯು 193 ದೇಶಗಳ (ಅಂತರಾಷ್ಟ್ರೀಯ) 175 ನೇ ಸಭೆಯಲ್ಲಿ ಸ್ಥಾಪಿಸಲಾಗಿದೆ.

M. Keema.

*(Signature)*  
PRINCIPAL  
S.R. Govt. Degree College  
PUNGANUR-517247  
Chittoor District

## ATTENDANCE REPORT

Event: **NATIONAL YOGA DAY**

Date: **21-06-2022**

S.No	Name of the Student/Participant	Group/Address	Signature of the Student/Participant
1	C. Raju	B.Sc	C. Raju
2	V. Ambik	B.COM	V. Ambik
3	M. Anusha	B.COM	M. Anusha
4	Rajesh	B.Sc	Rajesh
5	Raju	B.Sc	Raju
6	D. Jahnvi	B.COM	D. Jahnvi
7	Sreenivasulu Reddy	B.Sc	Sreenivasulu Reddy
8	Raju	B.Sc	Raju
9	M. Poojitha	BSC	Poojitha
10	B. Lavanya	B.COM	B. Lavanya
11	M. Mallika	B.COM	M. Mallika
12	Nagendra	B.Sc	Nagendra
13	S. Nagendra	BSC	Nagendra
14	T. Rajesh	B.Sc	T. Rajesh
15	P. Reekha	B.COM	P. Reekha
16	M. Ganesh Kumar	BSC	Ganesh Kumar
17	Mohan Kumar	B.Sc	Mohan Kumar
18	E. Mohan Kumar	BSC	Mohan Kumar
19	Geetha	B.Sc	Geetha
20	G. Sindhu	B.COM	G. Sindhu
21	K. Harikrishna	BSC	Harikrishna
22	S. Aaseef	B.COM	S. Aaseef
23	C. Rasth	B.Sc	Rajesh
24	Raju	B.Sc	Raju
25	N. Gevappa	BSC	Gevappa
26	B. Badri	B.COM	B. Badri
27	Nagendra	B.Sc	Nagendra
28	Rajesh	B.Sc	Rajesh
29	E. Devendra	B.COM	E. Devendra
30	V. Bhargavi	BSC	Bhargavi
31	B. Hari Krishan	B.COM	B. Hari Krishan
32	P. Padmarathi	B.Sc	Padmarathi
33	K. Padmarathi	BSC	Padmarathi
34	Sreenivasulu Reddy	B.Sc	Sreenivasulu Reddy
35	E. Kusuma	B.COM	E. Kusuma
36	Sreenivasulu Reddy	BSC	Sreenivasulu Reddy
37	Poojitha	B.Sc	Poojitha
38	T. Manikanta	B.COM	T. Manikanta
39	B.R. Nagendra Babu	B.COM	B.R. Nagendra Babu
40	M. Krishnanumar	BSC	Krishnanumar
41	Rajesh	B.Sc	Rajesh
42	Raju	B.Sc	Raju

*Y. Lajal*  
PRINCIPAL

S.R. Govt, Degree College  
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