

# **SUBHARAM GOVT DEGREE COLLEGE, PUNGANUR**

## **NATIONAL YOGA DAY**

### **CIRCULAR**

**19.06.2018**

All the teaching staff and students are hereby informed that the Dept. of NSS is going to organize NATIONAL YOGA DAY celebrations on 21/06/2018 in seminar hall at 12.00 P.M. Hence all are requested to attend the programme and make it a grand success.



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

**Principal**

(Sri Dr. M. C. Venkataramana)

### **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 practice mental hygiene.
- 2) To possess emotional stability.
- 3) To enable the student to have good health.
- 4) To attain higher level of consciousness.

### **REPORT OF THE PROGRAMME:**

On the occasion of world Yoga Day an awareness programme was conducted in the seminar hall of the college on 21.06.2018. The programme started with the welcome address of M Karthik of II B Com CA. Then the Principal, staff and students spoke about the importance of yoga to maintain a healthy life. Then Sri P J Robert gave a detailed explanation about the significance of yoga and how yoga helps to develop attention and reduce stress. Then the participants too expressed their views on yoga. Then Sri P J Robert gave a demonstration on how to perform a few easy and important yogasanas where students, staff and participants has practiced them. Finally the programme ended with vote of thanks by T Jayasankar II B A (HEP).

The secret of awareness is to just watch everything that is going on in the body and mind - as a witness. Do not resist, but watch with a smile! Make your life a celebration - with Yoga!

**OUTCOMES OF THE PROGRAMME:** Students learnt that,

- Yoga can reduce the risk of injury, reduce stress, increase your concentration understand the connection of body and mind, develop the body awareness.
- The students can reduce stress during the exams, seminars; training, knowledge and awareness about yoga will play a significant role and benefit the students.

### **PHOTOS OF THE PROGRAMME**



**SUBHARAM GOVT DEGREE COLLEGE  
PUNGANUR, CHITTOOR**

**ATTENDANCE REPORT**

Event: International Yoga day

Date: 21-06-2018

S.No	Name of the Student/Participant	Group/Address	Signature of the Student/Participant
1	M. Gangothri	B. Com (CA)	M. Gangothri
2	S. mouseeena	B. Com (CA)	B. mouseeena
3	S. Mubarak	B. Com (CA)	S. Mubarak
4	Likitha	B. Com (CA)	Likitha
5	Archana	BSC	Archana
6	S. shabana	BSC	S. shabana
7	Prudhvi	BA	Prudhvi
8	Reddy	BA	Reddy
9	ASwini	BSC	ASwini
10	Indrajaya	B.com(CA)	Indrajaya
11	niraja	B.com (CA)	niraja
12	Thasmiya	BSC	Thasmiya
13	Sowmya	BA	Pamodan
14	Pamodan	BA	vishnu
15	vishnu	B. Com (CA)	vishnu
16	D. manjunatha	B. Com (CA)	D. manjunatha
17	B. Divish	B. Com (CA)	B. Divish
18	O. Vishnu vardhan	B. Com (CA)	O. Vishnu vardhan
19	Avinash	B. Com (CA)	Avinash
20	Teja	B. Com (CA)	Teja
21	Madhu	B. Com (CA)	Madhu
22	M. Raja	B. Com (CA)	M. Raja
23	B. Murali	B. Com (CA)	B. Murali
24	B. Bhargavi	B. SE	B. Bhargavi
25	Karthik	B. Com (CA)	Karthik
26	Paven	B. Com (CA)	Paven
27	Narasimulu	B. S. C	Narasimulu
28	B. Girish	B. S. C	B. Girish
29	Nagesh	B. Com. (CA)	Nagesh
30	Monohar	B. Com (CA)	Monohar
31	B. Vamsi	B. Com (CA)	B. Vamsi
32	Kalya	B. Com. (CA)	Kalya
33	Vikathish	B. Com. (CA)	Vikathish
34	Bhaskar	B. Com (CA)	Bhaskar
35	Chitresha	B. Com (CA)	Chitresha
36	Balu	B. Com (CA)	Balu
37	Bhavana	B. Com (CA)	Bhavana

*Y. Kafalipati*

PRINCIPAL  
S.R. Govt, Degree College, Punganur-51,  
Chittoor District.

## Feedback from the Students

Event: International Yoga day

Date: 21-06-2018

The first international day of yoga was observed around the world on 21 June 2015.

A. Chandana  
B.Com (CA)  
21-6-2018

Due to Hon'ble PM Shri Narendra Modi's relentless efforts, June 21 was declared as the international yoga day.

Hema Vathu  
B.Com (CA)  
21-6-2018

The international yoga day has been celebrated across the world annually on June 21 since 2015.

D. Teja  
B.Sc.  
21-6-2018

In recognition of its universal appeal, the United Nations declared 21 June to be the international day of yoga in 2014.

G. Vinayaka  
B.A  
21-6-2018

*Rajasekh*  
PRINCIPAL  
S.R. Govt. Degree College  
PUNGANUR-517247  
Chittoor District