

**SUBHARAMGOVT.DEGREE COLLEGE**  
**PUNGANUR, CHITTOOR DIST., A.P. -517247**

**NATIONAL YOGA DAY**

**21.06.2021**

**CIRCULAR**

**20.06.2021**

All the teaching staff and students are hereby informed that the Dept. of NSS is going to organize NATIONAL YOGA DAY celebrations on 21/06/2021 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 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 21.06.2022. The programme started with the welcome address of B Manjusree 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 Ram Kumar 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 Ram Kumar 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 Mairson of III B. Sc (MSCs).

### **OUTCOMES OF THE PROGRAMME:**

- The participants learnt the importance of yoga.
- Will practice yoga for better health and learnt that Yoga can reduce the risk of injury, reduce stress and increase concentration to understand the connection of body and mind.
- The students learnt to get rid of more stress during the exams, seminars, training with the help of yoga

### **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.

ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನವು ಜುಲೈ 21 ನೇ ಸಂಜೆಯಂದು ಆಚರಿಸಲಾಗಿದೆ. ಇದು 2015 ರಿಂದ ಪ್ರಾರಂಭವಾಗಿದೆ ಮತ್ತು 2014 ರಲ್ಲಿ ಒ.ಎನ್.ಯು.ನಲ್ಲಿ ಅದರ ಆರಂಭವಾಯಿತು.

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. Chakistah.

ಅಂತರರಾಷ್ಟ್ರೀಯ ಯೋಗದಿನವು ಜುಲೈ 21 ನೇ ಸಂಜೆಯಂದು ಆಚರಿಸಲಾಗಿದೆ. ಇದು 2015 ರಿಂದ ಪ್ರಾರಂಭವಾಗಿದೆ ಮತ್ತು 2014 ರಲ್ಲಿ ಒ.ಎನ್.ಯು.ನಲ್ಲಿ ಅದರ ಆರಂಭವಾಯಿತು.

M. Keeruma.

*[Signature]*  
PRINCIPAL  
S.R. Govt. Degree College  
PUNGANUR-517247  
Chittoor District

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. Poosilla	B.Sc	Poosilla
10	B. Lavanya	B.COM	B. Lavanya
11	M. Mallika	B.COM	M. Mallika
12	Narendra	B.Sc	Narendra
13	S. Narendra	B.Sc	Narendra
14	T. Rajesh	B.Sc	T. Rajesh
15	P. Reekana	B.COM	P. Reekana
16	N. Iresh Kumar	B.Sc	Iresh Kumar
17	Mohan Kumar	B.Sc	Mohan Kumar
18	E. Mohan Kumar	B.Sc	Mohan Kumar
19	K. Srijana Musthy	B.Sc	Srijana Musthy
20	G. Sindhu	B.COM	G. Sindhu
21	K. Hazi Krishna	B.COM	Hazi Krishna
22	S. Aaseef	B.COM	S. Aaseef
23	C. Raju	B.Sc	Rajesh
24	Raju	B.Sc	Raju
25	N. Geerappa	B.Sc	Geerappa
26	B. Badri	B.COM	B. Badri
27	Narendra	B.Sc	Narendra
28	Rajesh	B.Sc	Rajesh
29	E. Devendra	B.COM	E. Devendra
30	V. Bhargavi	B.Sc	Bhargavi
31	B. Hazi Krishna	B.COM	B. Hazi Krishna
32	Padmarathi	B.Sc	Padmarathi
33	K. Padmarathi	B.Sc	Padmarathi
34	Sreenivasulu Reddy	B.Sc	Sreenivasulu Reddy
35	E. Kusuma	B.COM	E. Kusuma
36	Sreenivasulu Reddy	B.Sc	Sreenivasulu Reddy
37	Poojitha	B.Sc	Poojitha
38	T. Manikanta	B.COM	T. Manikanta
39	B.R. Abendra Babu	B.COM	B.R. Abendra Babu
40	G. Krishnanumar	B.Sc	Krishnanumar
41	Rajesh	B.Sc	Rajesh
42	Raju	B.Sc	Raju

*Y. Lajal*

PRINCIPAL  
S.R. Govt. Degree College  
PUNGANUR-517247