



GOVERNMENT COLLEGE

RAJAHMUNDRY, ANDHRA PRADESH | **AUTONOMOUS**

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AFFILIATED TO ADIKAVI NANNAYA UNIVERSITY

DEPARTMENT OF PHILOSOPHY



PROGRAM REPORT

Vimarsha Program – “Yoga: Critical Observation Lifestyle”

Date: 29-07-2025

Organized by: Department of Philosophy, Government Arts College, Rajamahendravaram
In Collaboration with: Vivekananda Kendra, Kanyakumari Telugu Pranta

Introduction

The Department of Philosophy conducted a special Vimarsha lecture program titled “Yoga: Critical Observation Lifestyle” on 29 July 2025. The program was organized with the courtesy and support of Vivekananda Kendra, Kanyakumari, aiming to create awareness among students about the practical value of Yoga in daily life.

Keynote Address

The main speaker for the session, Sri Gandikota Srinivas, Telugu Region In-charge, Vivekananda Kendra, addressed the gathering and delivered an insightful lecture. He stated that Yoga brings mental stability through physical stability, helping individuals achieve their goals with clarity and strength. He explained how Yoga enhances both internal and external beauty, transforms negative thoughts into positive ones, and integrates body and mind as a unified force.

Sri Srinivas emphasized that just as water finds a new path beyond obstacles, the practice of Yoga enables individuals to overcome challenges and reach their destination, regardless of difficulties. His message inspired students to adopt Yoga not just as an exercise routine, but as a holistic lifestyle.

Principal's Remarks

College Principal Dr. K. Ramachandra Rao highlighted that while science and technology have advanced significantly, their sustainability and true value lie in enhancing human well-being. He stated that even scientists practice Yoga and that Yoga is older than modern science, proving its timeless relevance. He encouraged students to practice Yoga consistently to experience its full benefits.

Department In-charge's Message

Department In-charge Dr. Kasturi Seetamahalakshmi addressed the students, describing Yoga as a guiding teacher that helps students achieve their goals. She stated that through regular

practice, even an average student can transform into an outstanding performer. She motivated students to make the best use of such intellectual and motivational sessions.

Interaction Session

The keynote speaker engaged in an interactive Q&A session, answering students' questions with clarity and depth. His responses enriched the participants' understanding of Yoga's philosophical, psychological, and practical dimensions.

Participation

The program saw active participation from students of Philosophy, Political Science, and Social Work departments. Faculty members including

Dr. Sivakoti Rani (Social Work),

Smt. Saroja (Political Science),

Smt. Syed Farah (Political Science),

Muppidi Mahesh (Philosophy), and

Satyam Suryanarayana (Philosophy) attended the event and contributed to its success.

Vote of Thanks

The program concluded with a formal Vote of Thanks delivered by Smt. Syed Farah, Political Science faculty. She expressed gratitude to the resource person, college authorities, faculty colleagues, and all participants.

Conclusion

The Vimarsha lecture on "Yoga: Critical Observation Lifestyle" successfully enlightened students on the holistic benefits of Yoga. The session encouraged them to adopt Yoga as a lifestyle practice to improve mental clarity, physical well-being, and academic excellence.