

S.No	Item	Details
1.	Activity details	International Yoga Day
2.	Date of Activity	21.06.2023
3.	No of Volunteers participated	50
4.	No. of Other Participants	200
5.	Brief Note about activity	Conducted Yoga Asanas

Aligned with the theme "Yoga for Vasudhaiva Kutumbakam," the event was organized in accordance with the guidelines provided by the University Grants Commission (UGC) and the Commissionerate of Collegiate Education.

The college collaborated with esteemed organizations such as the Vivekananda Rock Memorial and Vivekananda Kendra Kanyakumari, Rajahmundry mentors, National Service Scheme-Unit1 to Unit5 to ensure the success of the program.

The aim of the event was to familiarize students and staff with the basic Yoga Protocol and promote its numerous benefits.

The event commenced with opening remarks by Principal Dr. C. Krishna, who highlighted the significance and need for celebrating Yoga Day. Following this, Sri.Srinivas and Sri.Tirupathi from Vivekananda Kendra took the stage and provided detailed explanations of various Yoga asanas (poses) and their physical and mental benefits. They led the students and staff in practicing these asanas, creating an interactive and engaging environment.

Notably, the event saw participation from various groups, including college NSS Volunteers, NCC cadets and youth Red Cross volunteers. Additionally other students of Rajiv Gandhi Degree College, BVM High School, Rajahmundry, Sri Prakah Vidya Niketan, Lalacheru, Shirdi Sai School, Kadiyam, and Shirdi Sai School, Rajahmundry, were among the participants. In total, 450 students actively took part in the program.



International Day Of Yoga-2023 Banner



Our Beloved Principal delivering speech on Yoga Day



Faculty members, students and guests practicing yoga together



The Yoga Guru guiding participants during the session



faculty members are ready to go to rally



Yoga day NEWS paper clipping