



GOVERNMENT COLLEGE(AUTONOMOUS), RAJAHMUNDRY

Estd: 1853; An Autonomous Institution & Accredited by NAAC at Grade 'A+'

East Godavari District -533 103, Andhra Pradesh, India

(Affiliated to Adikavi Nanaya University, Rajamahendravaram, A.P -
533296



YOGANDHRA 2025

Date:	14 th , 18 th and 21 st June 2025
Venue:	Jail Road, Rajahmundry
Organized by:	Government College (A), Rajahmundry
Theme:	"Yoga for One Earth, One Health"

Yogandhra is a state-wide yoga campaign in Andhra Pradesh, launched by the government to promote yoga awareness and participation. The campaign, which started on May 21, 2025, aims to achieve 2 crore registrations across the state.

Key Events and Activities

- International Yoga Day: The main event is scheduled for June 21, 2025, at various locations, including RK Beach to Bhimili in Visakhapatnam, where lakhs of participants are expected to perform yoga together.
- Yoga Competitions: Various yoga competitions are being held at different levels, including village, mandal, district, and state levels, with themes such as "Unity Through Yoga - Bridging" and "Yoga and Youth – Building a Healthy Future".
- Registration Process: Interested participants can register on the Yogandhra portal, and the registration process involves providing details such as name, mobile number, Aadhaar number, and address.

Government College Rajahmundry Event

According to the schedule, there doesn't seem to be a specific event mentioned for Government College Rajahmundry on June 14, 2025. However, it's possible that the college might be participating in the state-wide yoga campaign or hosting its own yoga event.

On June 14, 2025: Yoga Programme Conducted in College campus at 6.30AM



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YOGA TRIAL RUN SEES OUTSTANDING PARTICIPATION

The Yoga Trial Run, organized in line with District Administration guidelines, witnessed an impressive participation of over 1000 students, staff, and members of the public. All NRC region colleges actively took part in the initiative.

RDO Krishna Naik's presence added significance to the event, as he participated in the yoga session and highlighted its benefits. Principal Dr. Ramachandra emphasized the importance of yoga in daily life and extended gratitude to the participants, particularly NRC college principals, staff, and students.

The event's success underscores the growing awareness of yoga's benefits and its potential to promote wellness and unity in the community.





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ఆదివారం జూన్ 15, 2025

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యోగాతో ఒత్తిడి దూరం

దేవీచౌక్: ఆరోగ్యకర సమాజ స్థాపనకు యోగ దోహదపడుతుందని ఆర్డీవో కృష్ణనాయక్ అన్నారు. రాజమహేంద్రవరం ప్రభుత్వ ఆర్ట్స్ కళాశాలలో శనివారం నిర్వహించిన యోగా ట్రయల్ రన్లో ఆయన పాల్గొని మాట్లాడారు. ప్రిన్సిపల్ డాక్టర్ కె.రామచంద్రరావు, అధ్యాపకులు, సిబ్బంది, విద్యార్థులు, స్థానికులు ఉత్సాహంగా పాల్గొన్నారు.



Participation of Faculty and Volunteers in YOGA



Principal Dr.Ramachandra RK has motivated all the participants by his admirable speech on importance of yoga. Yoga Promotes emotional balance and well-being. Regular yoga practice improves sleep quality and Spiritual Benefits.

In this programme both Teaching , Non -Teaching, students of different Colleges like SKVT College, SKR GDCW, Seethanagaram, Kothapeta etc., NCC Cadets , NSS Volunteers , College Students are Participated

On June 18, 2025 Adikavi Nannaya University conducted Yogandhra, not June 18, 2021. The event was a massive yoga gathering with 16,123 students from over 400 constituent and affiliated colleges participating. It aimed to promote physical and mental well-being, and the university set a record in the Telugu Book of Records for the largest yoga performance. Vice-Chancellor Prof. S. Prasanna Sree led the event, emphasizing the importance of yoga in modern life.

On the occasion of **International Yoga Day 2025**, *Government College (Autonomous), Rajahmundry*, proudly participated in the grand celebration of yoga along with several other departments and organizations. The event was conducted in alignment with the instructions received from the **Honorable District Collector, Smt. Prasanthi garu**, and witnessed the enthusiastic participation of students, teaching and non-teaching staff.

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INTERNATIONAL YOGA DAY
 A FEW MINUTES OF YOGA EVERY DAY
 CAN CHANGE YOUR WHOLE LIFE.
 Yoga for One Earth, One Health

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JUNE 21 AT 06 AM
 SATURDAY 2025

*Teaching & Non - Teaching
 Students & Alumni*
ALL ARE INVITED

Venue:
**GOVERNMENT COLLEGE
 AUTONOMOUS**
 @GRAND TRUNK ROAD, ARTS COLLEGE OPPOSITE
 MAIN ROAD.

WHAT TO BRING:
 COMFORTABLE CLOTHING | YOGA MAT | WATER BOTTLE

**DRESS CODE
 WHITE & WHITE**

Invitation letter to Teaching & Non-Teaching Students & Alumni

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INTERNATIONAL day of yoga

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INTERNATIONAL YOGA DAY
 A FEW MINUTES OF YOGA EVERY DAY
 CAN CHANGE YOUR WHOLE LIFE.

JUNE 21 | 06:00 AM
 2025

**DRESS CODE
 WHITE & WHITE**

Venue:
GOVERNMENT COLLEGE AUTONOMOUS
 @GRAND TRUNK ROAD, ARTS COLLEGE OPPOSITE MAIN ROAD.

International YOGA DAY



Head Of the Institute Dr. Ramachandra RK active participation in YOGA DAY



Women faculty members sit in Padmasana Position



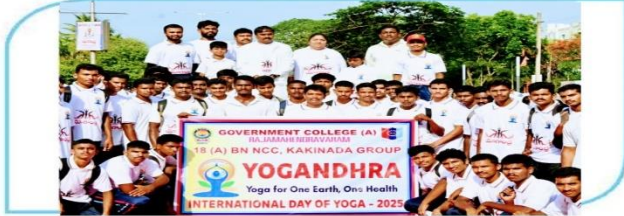
NSS Students are actively participating in yogasanam

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ఆదివారం జూన్ 22, 2025

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యోగా పండుగ.. ఆరోగ్యం నిండుగా..



ప్రభుత్వ ఆర్ట్స్ కళాశాల అధ్యాపకులు, సిబ్బంది, విద్యార్థులు

యోగాంధ్ర 2025

దేవీచాక్: జిల్లా పరిపాలన ఆధ్వర్యంలో నిర్వహించిన కార్యక్రమంలో ఆర్ట్స్ కళాశాల అధ్యాపకులు, సిబ్బంది, విద్యార్థులు పాల్గొన్నారు. ఆర్ట్స్ కళాశాల ప్రీన్సిపల్ రామచంద్రరావు యోగా విశిష్టత వివరించారు.

సర్కారు ఆలోచన అభినందనీయం

దేశంలో పౌరులు ఆరోగ్యంగా ఉంటేనే అన్ని విధాలుగా అభివృద్ధి సాధ్యమవుతుంది. భారత్ లో ప్రజల ఆరోగ్యాన్ని దృష్టిలో పెట్టుకొని ప్రభుత్వమే యోగా నేర్పించడం అభినందనీయం. దేశ ప్రధానికి ఇటువంటి ఆలోచన రావడం మంచి పరిణామం. ఇక్కడ వేదికపై యోగా పాల్గొనడం సంతోషాన్ని ఇచ్చింది. ఇక్కడ సంస్కృతి, ఆచార వ్యవహారాలు ఎంతగానో ఆకట్టుకొన్నాయి.

- విజయ్ బేండా, అటానమస్ కళాశాల విద్యార్థి (నైజీరియా)



Programme Highlights:

- All **five NSS units** of the college, along with **NCC** and **YRC** volunteers, actively took part in the yoga session held on **Jail Road**, Rajahmundry.
- Various officials, employees, and workers from different government departments also gathered for the event at **7:00 AM**.
- The yoga session was professionally guided with detailed instructions on different **asanas** broadcasted through loudspeakers.
- The session continued smoothly until **8:30 AM**, helping participants practice with discipline and synchronization.
- The **State Government** generously provided funding for the arrangements, ensuring that the event was organized in a seamless and well-coordinated manner.
- **T-shirts** bearing the theme "*Yoga for One Earth, One Health*" were distributed to all participants, symbolizing unity and commitment towards global wellness and health.

Awareness Rally:

After the successful completion of the yoga session, all **NSS, NCC, YRC** volunteers, along with faculty members, returned to the college premises in the form of a **rally**. They raised slogans promoting yoga, wellness, and holistic health, creating awareness among the public on the importance of incorporating yoga into daily life.

Conclusion:

The 2025 International Yoga Day celebration at Government College (A), Rajahmundry, was a resounding success. It not only promoted physical and mental well-being but also highlighted the college's commitment to national and global health initiatives. The participation of various stakeholders made the programme a vibrant and meaningful experience for all.

Wellness practice



An arts college student from Zambia takes part in the Yoga session organised to mark the International Day of Yoga in Rajamahendravaram on Saturday. — A. MANIKANTA KUMAR
