



SGK GOVERNMENT DEGREE COLLEGE

(Affiliated to Acharya Nagarjuna University)

Vinukonda-522647, Guntur District

INTERNATIONAL YOGA DAY

S. No.	Content	Name
1	Name of the Program	INTERNATIONAL YOGA DAY
2	Date & Time	21.06.2021 & 10.00 AM
3	Conducted by	Physical Education
4	No. of Students attended	42
5	Chief Guest	Dr. Ch. Tulasi Masthanamma Principal and Staff
6	Convener	Sri. G. Yugandhar, Lecturer in Political Science Sri. M. V. Satya Narayana, Lecturer in Hindi.

The faculty, staff, and students of SGK Government Degree College Vinukonda celebrated International Yoga Day on 21st June 2022. International Yoga Day is celebrated worldwide to promote the benefits of yoga for health and well-being.

The celebrations started with a brief introduction of the history and significance of International Yoga Day. This was followed by a speech by the principal, Dr. Tulasi Masthanamma, where he emphasized the importance of yoga for physical, mental, and spiritual well-being.

After the speech, students organized various yoga sessions to promote the benefits of yoga. The sessions were conducted by certified yoga instructors and included various yoga asanas and pranayama techniques. The sessions were aimed at promoting healthy living practices and raising awareness about the benefits of yoga for physical and mental well-being.


IQAC COORDINATOR
SGK GOVT DEGREE COLLEGE, VINUKONDA
Guntur Dist., - 522 647


PRINCIPAL
SGK Govt. Degree College
VINUKONDA-522647
Guntur Dist., A.P.



List of Participants

S. No	Name of the Student	Group	Place
1	Sd. Masthanvali, II B.A.	II BA	1st Place
2	M. Gurunadham	II B.Sc.	2nd Place
3	B. John Saida, II B.Com	II B Com	Participants
4	CH. Ramanjaneyulu, II B.A	II BA	
5	M. Prasangi, II B.Com	II B Com	
6	S. Ramu, I B.A	I BA	
7	K. Chinna Babu, II B.A	II BA	
8	G. Mariya Babu ,I B.Com	I B Com	
9	N. Manjunath, I B.Com	I B Com	
10	K. Samuyelu, I B.A	I B Com	


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