



# SGK GOVERNMENT DEGREE COLLEGE

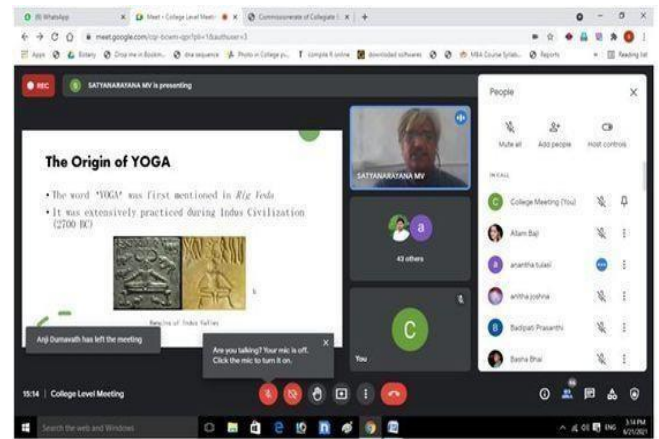
(Affiliated to Acharya Nagarjuna University)

Vinukonda-522647, Guntur District

## INTERNATIONAL YOGA DAY (21-06-2021)

**“Yoga is a light, which once lit will never dim.”**

We, as a responsible institution feel ourselves duty bound to lit every human with this light. To take Yoga to every heart of our students and faculty, we organized a two hour long online session on 21-06-2021 to expose our students and staff to various intricacies of Yoga. Sri. M. V. Satyanarayana, Lecturer in Hindi and certified “Heartfulness” Yoga practitioner gave a detailed presentation on the origin and evolution of Yoga. He also espounded various “Dhyana” methods to achieve both physical and mental tranquility. Sri. T. Rajasekhar, certified Psychologist and Yoga practitioner enumerated various Yoga asanas and Pranayamas by demonstrating them for the benefit of our college family.



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