



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	21.06.2018 & 10.00 PM – 04.30 PM
3	Conducted by	Dept. Physical Education & NSS
4	No. of Students attended	28
5	Chief Guest	Principal and Staff
6	Convener	Sri. M. V. Satyanarayana, Lecturer in Hindi

THEME: “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 session on 21-06-2018 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.


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