

**SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA, PALNADU DISTRICT**



**INTERNATIONAL YOGA DAY**

**DATE: 21.06.2025**

**TIME: 10:00 AM – 1:00 PM**

**CONDUCTED BY**

**DEPARTMENT OF PHYSICAL EDUCATION**

## Activity Report

S. No	Content	Name
1	Name of the Programme	INTERNATIONAL YOGA DAY
2	Date & Time	21.06.2025 & 10.00 AM – 1.00 PM
3	Conducted by	Dept. of Physical Education
4	No. of Students attended	100
5	Chief Guest	Dr K. Srinivasa Rao garu Principal
6	Convener	1. Sri. M. JAGADEESH HOD, Physical Education 2. Sri G. VENKATACHARI Physical Director

In alignment with the global vision of holistic health, SGK Government Degree College, Vinukonda, celebrated the **78th International Yoga Day** on **June 21, 2025**. The event was centered on the theme "*Yoga for Self and Society*," emphasizing that individual well-being is the fundamental building block of a harmonious community. The program, which spanned from 10:00 AM to 1:00 PM, aimed to sensitize the student body—comprising over 100 participants—to the transformative power of Yoga in balancing physical vigor with mental tranquility.

The proceedings commenced at 10:00 AM with a solemn gathering on the college grounds. The event was formally inaugurated by the Chief Guest, **Principal Dr. K. Srinivasa Rao**, who performed the traditional lighting of the lamp. In his opening address, Dr. Rao underscored that Yoga is not merely a physical exercise but a "science of the soul" that offers a strategic roadmap for navigating the complexities of modern student life.

Following the address, a disciplined **Mass Yoga Session** was led by **Sri M. Jagadish** (HOD, Physical Education) and **Sri G. Venkatachari** (Physical Director). Participants performed the *Common Yoga Protocol (CYP)*, beginning with *Loosening Practices* (Chalana Kriya), followed by standing postures like *Tadasana* (Palm Tree Pose) and *Vrikshasana* (Tree Pose). The session progressed to seated asanas and concluded with *Pranayama* (regulated breathing).

and a brief *Dhyana* (meditation) session. The collective energy of 100 students practicing in unison against the morning sky created a profound atmosphere of academic and spiritual unity.

### **Yoga Awareness Quiz**

To bridge the gap between practice and theory, the Department organized a **Yoga Awareness Quiz**. This competition was designed to test students' knowledge of Yoga's historical origins, the *Yoga Sutras of Patanjali*, and the biological benefits of various postures. The competition was fierce, particularly between the B.Sc. and B.Com. departments. **Gunji Merin Kumar** (III B.Sc. Com-Sci) secured the first prize, demonstrating an exceptional understanding of the "Eight Limbs of Ashtanga Yoga."

### **Elocution Competition**

Simultaneously, an **Elocution Competition** was held on the topic: "*Yoga: A Tool for Mental Resilience and Academic Excellence.*" Students shared compelling insights into how *Pranayama* helps reduce exam-related anxiety and improves concentration. **Ambadipudi Anusha** (III B.Sc. Che) delivered a powerful speech that earned her the top spot, while **Poluri Sandhya Rani** (II B.Com. CA) and **Yadla Triveni** (II B.Com. Gen) were recognized for their persuasive arguments on the role of Yoga in the digital age.

### **Faculty Insights and Conclusion**

The academic leadership provided further depth during the closing session. **Vice Principal Ch. Hari Babu** spoke on the "true engines of progress" being disciplined individuals, while **Dr. K.V.S. Koteswara Rao** (IQAC Coordinator) highlighted Yoga as a lifelong commitment to democratic ideals of health and peace.

The program reached its celebratory peak with a prize distribution ceremony. Principal Dr. K. Srinivasa Rao personally recognized the winners, awarding certificates that celebrated their sportsmanship and dedication. The event concluded with a vote of thanks and the National Anthem, leaving the SGK community refreshed and motivated to integrate mindfulness into their daily academic routines.

## Yoga Awareness Quiz Competition

A total of 14 students participated in the quiz, which focused on the history, philosophy, and biological benefits of Yoga.

### List of Participants & Winners

S. No	Name of the Student	Class/Group	Position
1	Guduri Anjali	II B.Sc Che	1 <sup>st</sup> Place
	Vemu Kavya	II B.Sc Che	
2	Ambadipudi Anusha	II B.Sc Che	2 <sup>nd</sup> Place
	Mondithoka Hemalatha	II B.Sc Che	
3	Shaik Masthan Vali	II B.Com	Participation
	Murikipudi Shalem Raju	II B.Sc Che	
4	Kalva Vasu	II B.Sc Che	
	Bushi Naga Pavan	II B.Sc Che	
5	Palem Naveen Reddy	III B.Com	
	Bailadugu Anjaneyulu	III B.Com	
6	Muthukuri Rajesh	III B.Com	
	Kalva David Raju	III B.Com	
7	Pidathala Anjali	I BSc Zoology	
	Malla Jyothi	I BSc Zoology	

## Elocution Competition

The elocution theme was "*Yoga: A Tool for Mental Resilience and Academic Excellence,*" where students shared their insights on stress management.

### List of Winners

S. No	Name of the Student	Class/Group	Award/Position
1	Yerraguntla Balaraju	III B.Com (Gen)	First Prize (Winner)
2	Beemavaram Pavan Kalyan	II B.Sc (Com-Sci)	Second Prize

### List of Participated

S. No	Name of the Student	Class/Group	Award/Position
1	Gogulapati Farroq Ahamed	III B.Sc (Com-Sci)	Participated
2	Macherla Venu	III B.Sc (Com-Sci)	Participated
3	Shaik G. Fayaz Ahmad	III B.Sc (Com-Sci)	Participated
4	Gurrala Ramesh	III B.Sc (Com-Sci)	Participated
5	Shaik Abdul Basha	II B.A (Eco)	Participated
6	Mandadi Sruthi	II B.A (Eco)	Participated
7	Kamasani Naga Teja	II B.A (Eco)	Participated
8	Orsu Amarnath	II B.A (Eco)	Participated
9	Yerraguntla Balaraju	III B.Com (Gen)	Participated
10	Beemavaram Pavan Kalyan	II B.Sc (Com-Sci)	Participated

### 3. Key Highlights of Participation

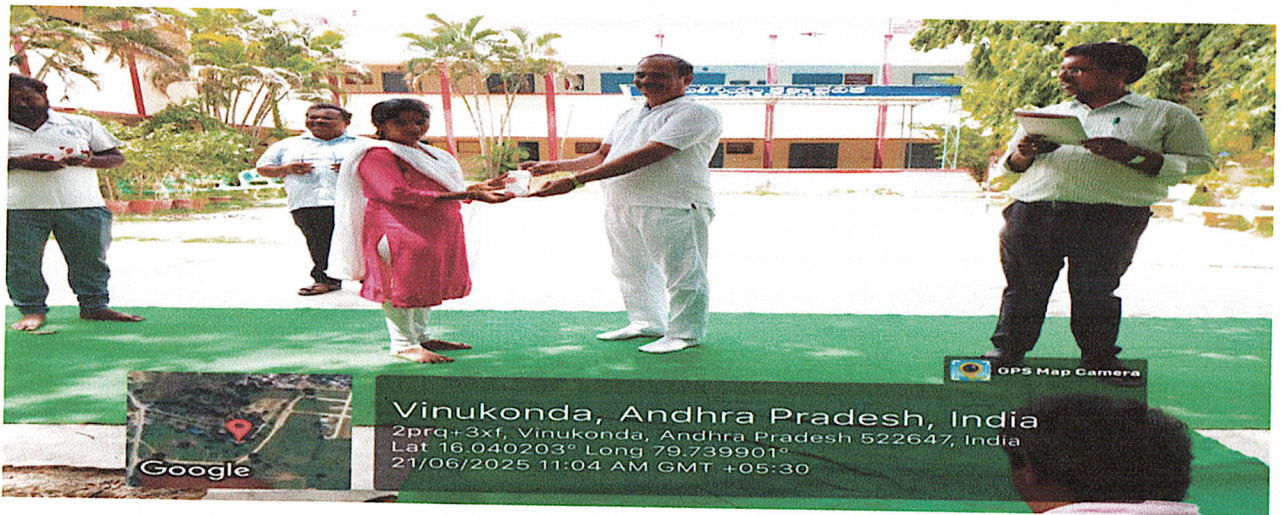
- **Total Attendance:** Approximately **100 students** attended the mass yoga session.
- **Mass Yoga Session:** Led by **Sri M. Jagadish** (HOD, Physical Education).
- **Chief Guest:** **Dr. K. Srinivasa Rao**, Principal, who personally distributed the awards to the winners listed above.
- **Refreshments:** Distributed to all 100 participants after the concluding ceremony.

These competitions were a vital part of the college's initiative to promote health awareness and intellectual growth among the student body.

  
IQAC COORDINATOR  
SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA - 522647, Palnadu Dt., A.P.

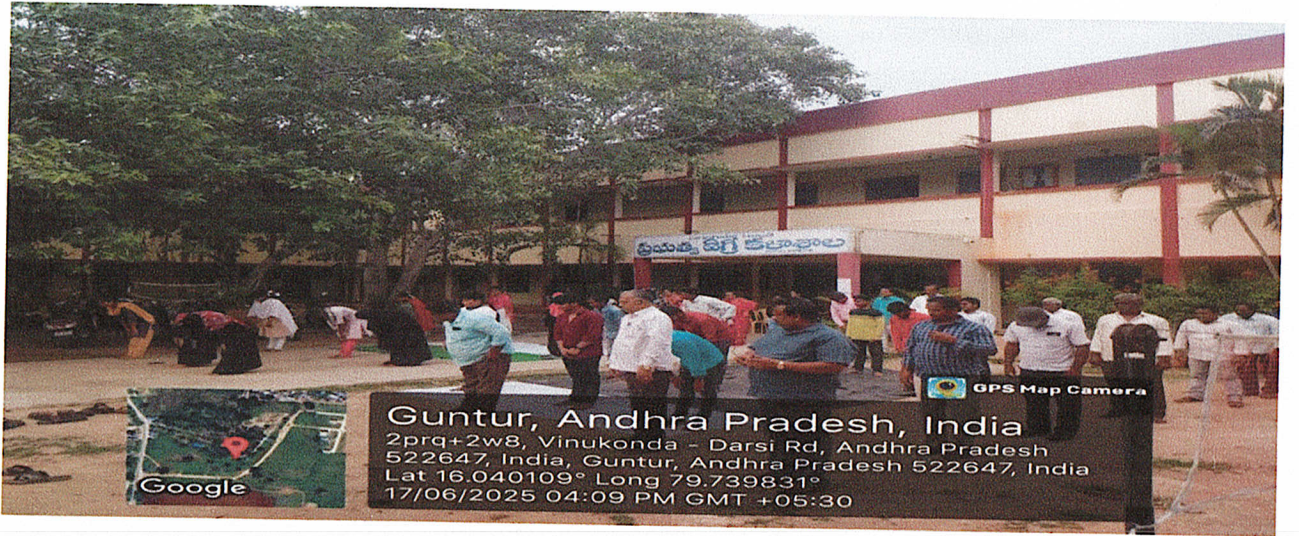
  
PRINCIPAL  
SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA - 522647, Palnadu Dt., A.P.

**PHOTO GALLERY**



*K. V. S. Lakshmi*  
IQAC COORDINATOR  
SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA - 522647, Palnadu Dt., A.P.

*K. S. Rao*  
PRINCIPAL  
SGK GOVERNMENT DEGREE COLLEGE  
VINUKONDA - 522647, Palnadu Dt., A.P.



  
 IQAC COORDINATOR  
 SGK GOVERNMENT DEGREE COLLEGE  
 VINUKONDA - 522647, Palnadu Dt., A.P.

  
 PRINCIPAL  
 SGK GOVERNMENT DEGREE COLLEGE  
 VINUKONDA - 522647, Palnadu Dt., A.P.