



SGK GOVERNMENT DEGREE COLLEGE, VINUKONDA
PALNADU DISTRICT 522 647
An ISO 9001: 2015 Certified Institution, Affiliated to Acharya Nagarjuna University



SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, GUNTUR DISTRICT



JEEVANYOGA-YOGA FOR WELL BEING

DATE: 06-12-2020

CONDUCTED BY

NSS



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PALNADU DISTRICT 522 647
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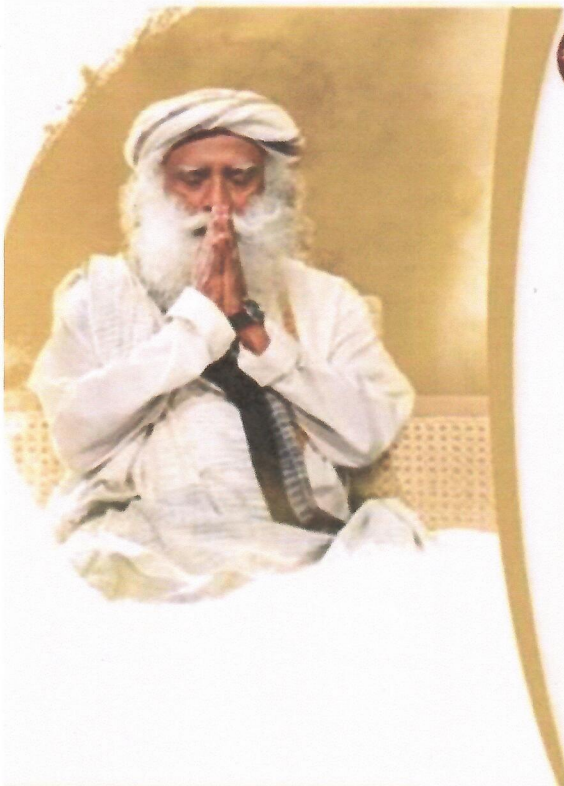
SGK GOVERNMENT DEGREE COLLEGE

VINUKONDA, GUNTUR dt, AP

REPORT ON JEEVANYOGA-YOGA FOR WELL BEING

Yoga is the gift given by India to the world. It aids in physical and mental wellbeing of an individual. To imbibe the spirit of Yoga practice in the public, a webinar with the name "JeevanYoga- Yoga for Wellbeing" was organized in association with the prestigious "isha Foundation", Coimbatore, Karnataka.

A total of 120 viewed the webinar. The webinar was organized as a Lecture session followed by practical Asana demonstration. Thrust is given to meditation and Asanas that improve concentration and give tranquility. Volunteers of isha yoga center demonstrated Surya Namaskaras, Pranayamas and other Asanas.



SGK Government Degree College
Vinukonda, Guntur Dt, A.P.

JeevanYoga
... for Well being

in collaboration with **isha** Foundation

A Transformative session with Disciples of Sadhguru Jaggi Vasudev

Benefits

- Enhances vitality, focus, memory, productivity, stabilizes the body, mind and emotions
- Strengthens and stabilizes the spine, can relieve back pain, stress, anxiety and tension
- Imparts a lasting sense of joy, peace and fulfillment

6th Dec, 2020 @05:00PM


Register at: <https://forms.gle/4qbhdWlakVhL7HeN6>


Contact: 9290930917, 9603364861, 7013800439

Note: Participation is Mandatory


Programme Officer

National Service Scheme (NSS)
SGK Govt. Degree College, Vinukonda
Palnadu Dt., A.P - 522 647


IQAC COORADINATOR
SGK GOVT DEGREE COLLEGE, VINUKONDA
PALNADU DIST - 522 647


Principal
SGK Govt. Degree College
Vinukonda - 522647
Palnadu Dist., A.P.