



# YOGA FAMILY

## NATIONAL SERVICE SCHEME

### REPORT ON INTERNATIONAL YOGADAY CELEBRATIONS.

# STAY FIT STAY HEALTHY

NAME OF THE UNIVERSITY/COLLEGE : GOVERNMENT DEGREE COLLEGE, PORUMAMILLA.

NAME OF THE PRINCIPAL : Sri.R.ADINARAYANA REDDY

Name and Date of the Event: International Yoga Day, 21-06-2021.

Theme : YOGA FOR PEACE.

Organized by :NSS UNIT,GDC PORUMAMILLA.

Program Officer. : Sri.N.B.SivaRami Reddy,

No. of Students participated : 115 (All Departments)

### FESTIVAL OF YOGA AND WELL BEING

Our College Staff, Programme Officer, NSS Volunteers ,NCC Cadets were participated in International Yoga Day CELEBRATIONS HELD ON 21-06-2021. In this program our college old student and YOGA MASTER Sri.B.Bala AnkiReddy gar B.Ed Science Assistant at ZPHS EGUVA RAMAPURAM created awareness and importance of YOGA in our busy life, among the students. Honorable Principal sri.R.Adinarayana Reddy garupresided over the function, he delivered the introductory speech on the importance of the YOGA. He emphasized yoga is the only technique which gives relief in our day today busy and stress life Under the guidance of YOGA MASTER all teaching , non teaching , NSS volunteers and NCC CADETS, students practiced IMPORTANT YOGA ASANAS like SURYANAMASKARAS and PRANAYAMAS..



