

Report on International Yoga Day

The college celebrated 9th International Yoga Day on 21st June 2023, in the college campus. The Department of Physical Education & 3 NSS Units of the college organized the program. The members present for program were Dr. K. Karuna Devi, Academic Coordinator , Dr. P. Rajyalakshmi IQAC Coordinator , Dr . M. Sridevi, HOD , Physical Education ,Dr. K. Kiranmai, Dr. J. Saritha, Mrs. B. Ramani (NSS Program Officers),Dr. A. Pramila, Dr. Y. Vasundhara, Ms. Aliveni, Ms. Jaya Madhuri and Ms. Akhila, More than 50 students participated in the programme. The program started with lighting of the lamp and prayer (National Song) . Dr. Sridevi, gave a brief report on International Yoga Day celebrations in our college . Dr. K. Karuna Devi and Dr. Rajyalakshmi gave their message.

The International Day of Yoga has been celebrated across the world on June 21st since 2015 following its inception in the United Nations General Assembly in 2014. The Indian prime minister Narendra Modi, in his UN address in rolls, had suggested the date of June 21, as it is the longest day of the year in Northern Hemisphere and Shares a special significance in many parts of the world. The theme for the year 2023 is “**Yoga for Vasudhaika Kutumbam** “ effectively encapsulating our collective aspiration for “ **One Earth , One Family, and One Future**” .

Miss Ashwani of B,Com(General) III rd Year & Yoga teacher took the yoga session. Miss Ashwani learnt yoga through our Certificate course offered by the Physical Education Department and now she is trainer in our college. She made all the participants perform the Suryana Naskarams, Asanas. Vote of thanks was proposed by Dr.J,Saritha, NSS programme officer.

