



**GOVERNMENT DEGREE COLLEGE**  
**RAMPACHODAVARAM, ASR DISTRICT, AP**  
(Affiliated to ADIKAVI NANNAYA UNIVERSITY, RAJAMAHENDRAVARAM)



**ACCREDITED BY NAAC WITH *B* GRADE**

## NSS UNIT

### YOGA DAY CELEBRATIONS 2024

**Date: 21st June 2024**

**Venue: Government Degree College, Rampachodavaram**

**Organized by: NSS Unit, Government Degree College, Rampachodavaram**

**Participants: 100 NSS Volunteers**

### Introduction

On 21st June 2024, the Government Degree College, Rampachodavaram, celebrated International Yoga Day with enthusiasm and dedication. The event, organized by the National Service Scheme (NSS) Unit of the college, brought together around 100 NSS volunteers to promote the importance of yoga in daily life. Yoga Day, celebrated globally on this date, serves as a reminder of the health benefits of yoga and encourages individuals to adopt a lifestyle that fosters physical, mental, and spiritual well-being.

### Inaugural Ceremony

The event commenced with the formal inauguration by the In-charge Principal of Government Degree College, Rampachodavaram, D RAVI KUMAR. In her speech, D RAVI KUMAR highlighted the significance of International Yoga Day, emphasizing that yoga is not just a physical exercise but a way to connect the body, mind, and soul. She stressed the importance of incorporating yoga into daily routines to enhance mental clarity, reduce stress, and improve overall health. The Principal also appreciated the efforts of the NSS volunteers and faculty members in making the event a success.

## **YOGA Session**

After the inaugural address, the participants gathered on the college grounds for the yoga session. The session was conducted by trained yoga instructors, who led the volunteers through various asanas (yoga postures), breathing exercises, and meditation techniques, and rally( From College to Ambedkar RCVN ). The volunteers practiced a variety of yoga poses, including Surya Namaskar (Sun Salutation), Tadasana (Mountain Pose), Bhujangasana (Cobra Pose), and Sukhasana (Easy Pose).

The session was designed to be accessible to people of all ages and fitness levels, with instructors providing step-by-step guidance and ensuring that everyone performed the exercises correctly. The atmosphere was calm and focused, reflecting the core principles of yoga, unity, balance, and inner peace.

## **Message of Unity and Well-being**

The Yoga Day celebration also included a brief speech by the NSS Program Officer, D Ravi Kumar who spoke about the role of yoga in fostering a sense of unity and well-being. He explained how yoga connects people with themselves and others, helping them to build resilience against life's challenges. The NSS volunteers were encouraged to spread awareness about the benefits of yoga and motivate their peers to adopt this practice.

## **Closing Ceremony**

The event concluded with a vote of thanks from the NSS Program Officer, who expressed gratitude to all the volunteers, faculty members, and yoga instructors for their participation and support in making the Yoga Day celebration a success. The volunteers were encouraged to continue practicing yoga and incorporating it into their daily lives to lead healthier, more fulfilling lives.

## **Conclusion**

The Yoga Day celebrations at Government Degree College, Rampachodavaram, organized by the NSS Unit, were a resounding success. The participation of 100 volunteers demonstrated the commitment of the college community to promoting physical and mental health through yoga. The event not only raised awareness about the importance of yoga but also provided an opportunity for students to experience its benefits firsthand. As a result, the celebration left a lasting impact on the participants, inspiring them to make yoga a regular part of their lives.

## Refreshment Distribution

After the conclusion of the asanas and rally and speeches, the volunteers were provided with refreshments. The distribution of snacks and drinks was done systematically to ensure all 100 participants were served promptly. The NSS team took great care to ensure that the refreshment distribution was orderly and everyone had an opportunity to relax and interact after the event.





NSS PO

PRINCIPAL