

YOGANDHRA CELEBRATIONS

28th –May -2025

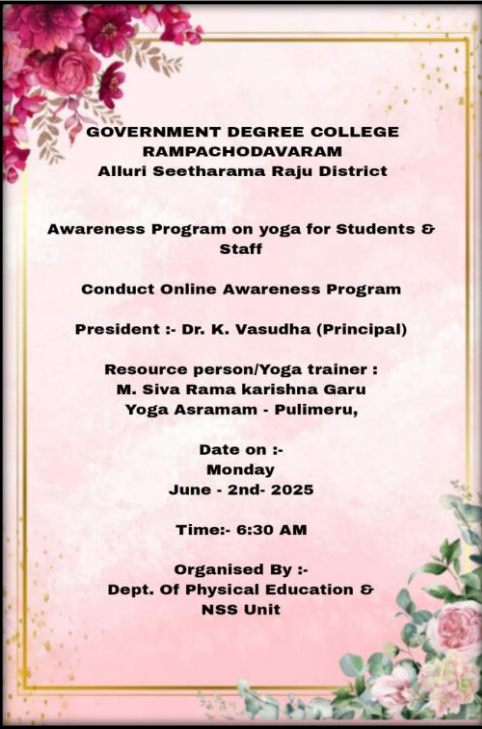
The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated in Online, Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. Different asanas practicing on this occasion.



YOGANDHRA CELEBRATIONS

2nd – June-2025

The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated in Online, Common yoga protocol present enthusiastically the resource person Sri. M.Sivaramakrishna Garu, Yoga ashramam, Pulimeru, highlighted the importance of yoga in our day to day life. He further pointed out that yoga helps to overcome stress related disorders and berating problems. Different asanas practicing on this occasion. He also Led the staff and students in Meditation.



**GOVERNMENT DEGREE COLLEGE
RAMPACHODAVARAM
Alluri Seetharama Raju District**

**Awareness Program on yoga for Students &
Staff**

Conduct Online Awareness Program

President :- Dr. K. Vasudha (Principal)

**Resource person/Yoga trainer :
M. Siva Rama karishna Garu
Yoga Asramam - Pulimeru,**

**Date on :-
Monday
June - 2nd- 2025**

Time:- 6:30 AM

**Organised By :-
Dept. Of Physical Education &
NSS Unit**



ముందే ఆంధ్రప్రభ చెప్పింది.

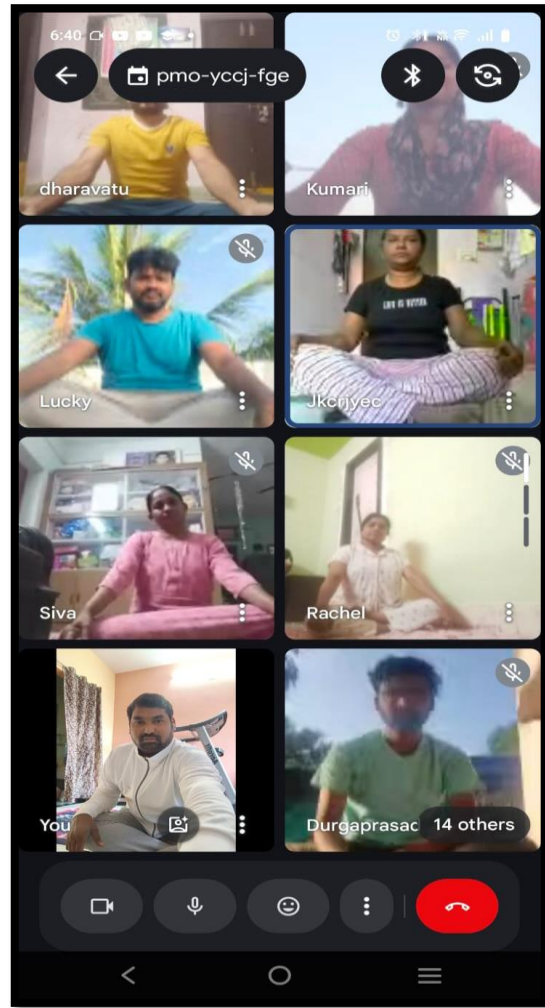
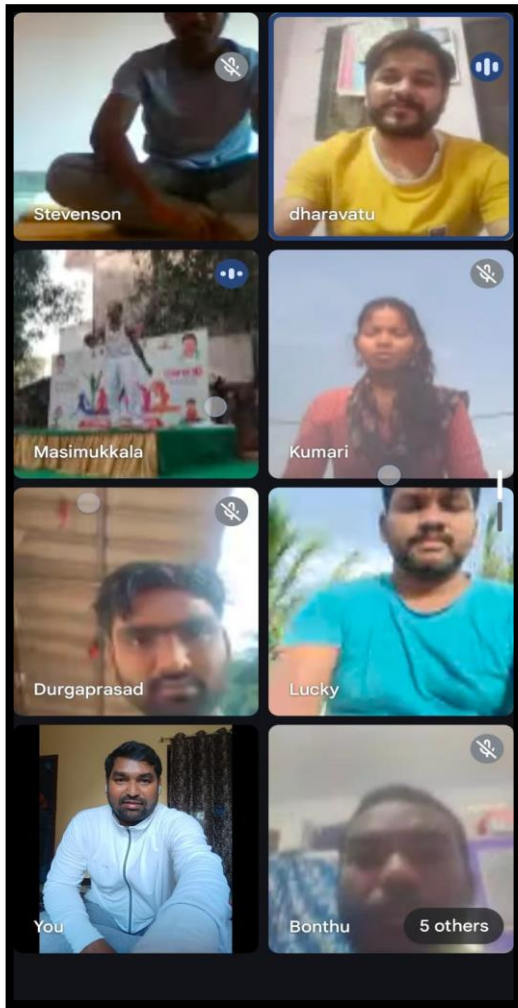
యోగాపై అవగాహన కార్యక్రమం



రంపచోడవరం జూన్ 2 (ఆంధ్రప్రభ) :

సోమవారం ప్రభుత్వ డిగ్రీ కళాశాల, రంప చోడవరం లో ఆంధ్రప్రదేశ్ ప్రభుత్వం వారి ఉత్తర్వుల మేరకు కళా శాల ప్రిన్సిపల్ దాక్టర్ కె వసుధ ఆధ్వర్యంలో ఎన్ఎస్ఎస్ యూనిట్ మరియు ఫీజికల్ ఎడ్యుకేషన్ డిపార్ట్మెంట్ వారు సంయుక్తంగా యోగా ఆశ్రమం, పులిమెరు, ఎం. శివ రామకృష్ణ చే యోగా, ఆసనాలు మరియు యోగా చేయడం వలన మానవులు ఏ విధంగా లభి పొందుతారు అనే అంశాల గురించి కళాశాల అధ్యాపక, అధ్యాపకేత్ర సిబ్బందికి, మరియు విద్యార్థులకు, వాలంటీర్స్ కు అవగాహన కల్పించడం జరిగింది. ఈ కార్యక్రమానికి కొంతమంది అధ్యాపకులు కళాశాలకు వచ్చి యోగాసనాలు చేయడం జరిగింది. కొంతమంది అధ్యాపకులు వర్చువల్ గా హాజరవడం జరిగింది.

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Source : <https://epaper.prabhanews.com>



YOGANDHRA CELEBRATIONS

16th - June -2025

The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. Different asanas practicing on this occasion. All students, faculty, and yoga enthusiasts are encouraged to participate and embrace the spirit of wellness and mindfulness.



YOGANDHRA CELEBRATIONS

17th - June -2025

The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. Different asanas practicing on this occasion. All students, faculty, and yoga enthusiasts are encouraged to participate and embrace the spirit of wellness and mindfulness.



YOGANDHRA CELEBRATIONS

18th - June -2025

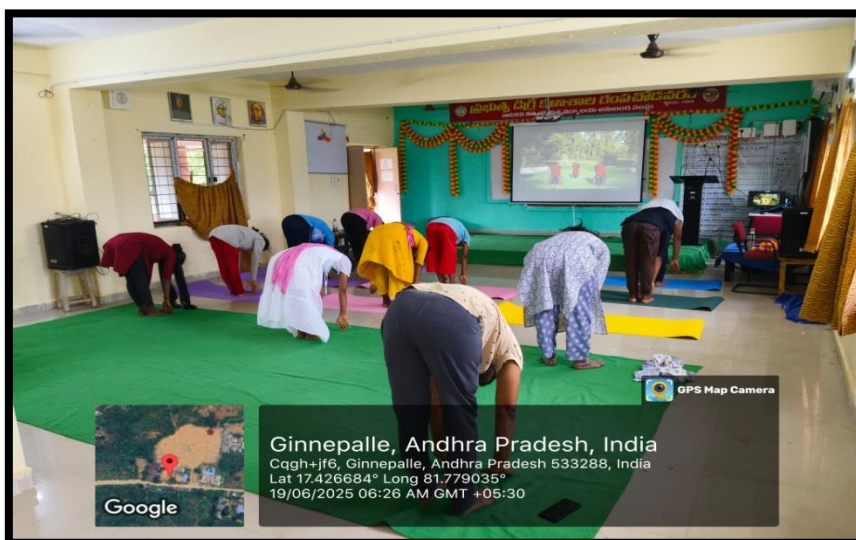
The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. Different asanas practicing on this occasion. All students, faculty, and yoga enthusiasts are encouraged to participate and embrace the spirit of wellness and mindfulness.



YOGANDHRA CELEBRATIONS

19th - June -2025

The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. Different asanas practicing on this occasion. All students, faculty, and yoga enthusiasts are encouraged to participate and embrace the spirit of wellness and mindfulness.



YOGANDHRA CELEBRATIONS

20th - June -2025

The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. Different asanas practicing on this occasion. All students, faculty, and yoga enthusiasts are encouraged to participate and embrace the spirit of wellness and mindfulness.



INTERNATIONAL DAY OF YOGA

YOGANDHRA CELEBRATIONS

21st - June -2025

The Department of Physical Education & NSS Unite, Government Degree College, Rampachodavram observed Yogandhra celebrations on the occasion of International Yoga Day on 21-06-2025. The Principal, Staff and students participated Common yoga protocol present enthusiastically highlighted the importance of yoga in our day to day life. She further pointed out that yoga helps to overcome stress related disorders and berating problems. Different asanas practicing on this occasion. All students, faculty, and yoga enthusiasts are encouraged to participate and embrace the spirit of wellness and mindfulness.





అల్లూరి సీతారామరాజు జిల్లా వార్తలు.. వే2న్యూస్లో. డౌన్లోడ్  way2news
way2.co/p9epmq

రంపచోడవరం డిగ్రీ కళాశాలలో యోగా దినోత్సవ వేడుకలు

రంపచోడవరం ప్రభుత్వ డిగ్రీ కళాశాలలో అంతర్జాతీయ యోగా దినోత్సవాన్ని ప్రెస్నివల్ డా.కె. వసుధ ఆధ్వర్యంలో ఘనంగా నిర్వహించారు. ప్రతిరోజూ మన నిత్య జీవితంలో యోగ ఆసనాలు వేయడం ద్వారా మానసిక ప్రశాంతత వస్తుందన్నారు. అనంతరం స్వచ్ఛంద, స్వర్ణాంధ్ర కార్యక్రమంలో భాగంగా యోగాపై అవగాహన ర్యాలీ, పోస్టర్ ప్రజెంటేషన్, క్లినింగ్, సీరు-మీరు మొదలగు కార్యక్రమాలు నిర్వహించారు.

