

2018-2019



Government Degree College, Seethanagaram

Accredited by NAAC with "B" Grade, ISO 9001:2015 Certified College

Affiliated to Aadi Kavi Nannayya University
Opp K.G.N.M. Trust, Punishottapattanam Road, Seethanagaram



DEPARTMENT OF PHYSICAL EDUCATION

INTERNATIONAL YOGA DAY JUNE 21th, 2018

Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony. Due to Hon'ble PM Shri Narendra Modi's relentless efforts, June 21 was declared as the International Yoga Day by the United Nations General Assembly. In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life.

Government Degree College, Seethanagaram, observed International Yoga Day on 21st June, 2018. The Department of Physical Education made necessary arrangements.

The programme was conducted under the chairmanship of Sri. S. Subramanyam, the Principal of the college. He spoke on the significance of Yoga in one's life. He described the advantages of Yoga. He advised the students to do yoga everyday to relieve from mental and physical stress. The students and the staff performed yogasanas. The incharge of Physical Education Department demonstrated different yoga asanas. The staff and the students participated in the programme.

