



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, Purushottapatnam Road, Seethanagaram



DEPARTMENT OF PHYSICAL EDUCATION

INTERNATIONAL YOGA DAY 21-06-2019

International Yoga Day has been celebrated every year on June 21 since 2015. The proposal to observe an International Yoga Day was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the United Nations General Assembly. "Yoga is an invaluable gift from our ancient tradition.

Yoga for Heart

The 5th International Day of Yoga was celebrated across India. The main event was held in Ranchi (Jharkhand). Hon'ble Prime Minister Shri Narendra Modi led a crowd of over 40,000 people, who attended this event there. The theme of 5th International Day of Yoga was 'Yoga for Heart'.

At this event, the prime minister addressed the people of India, stressing upon the importance of Yoga for the overall health of body, mind, society, and even our climate, saying "Let our motto be - Yoga for peace, harmony, and progress".

The Department of National Service Scheme [NSS] organized " The International Yoga Day" on 21.06.2019.

Sri. K.Sudhakar, the principal of the college lead the Programme.

To mark the occasion, Sri.CHATRAPATI VS SALADI, The Incharge of Physical Education Department to celebrating the Fifth International Yoga Day and giving lecture on the uniqueness of yoga and doing yogasanas with students.

Under their auspices day they explained the importance of Yoga for peace of mind and for healthy life.

Then our college students participated enthusiastically in this event with Yogasanas.







