



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 NATIONAL SERVICE SCHEME

INTERNATIONAL DAY OF YOGA, 21-06-2022

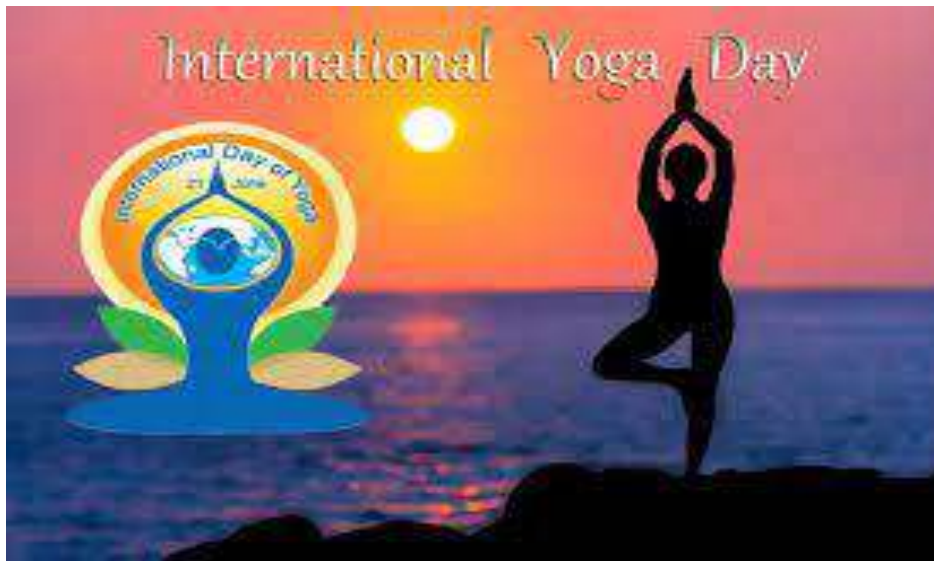
International Yoga Day is celebrated on June 21 every year to spread awareness about the invaluable benefits of Yoga. Practicing yoga might seem like just stretching, but it can do much more for your body than the way you feel, look and move. It even helps you with increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

Every year [International Yoga Day](#), people gather at a place like yoga studios or other communal spaces and perform yoga together. Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda.

INTERNATIONAL YOGA DAY 2022 THEME:

World Yoga Day is celebrated internationally with a unique theme every year. This year's theme will be "Yoga for Humanity". This year the main event demonstration will be led by the Prime Minister, Narendra Modi, at Mysuru, Karnataka.

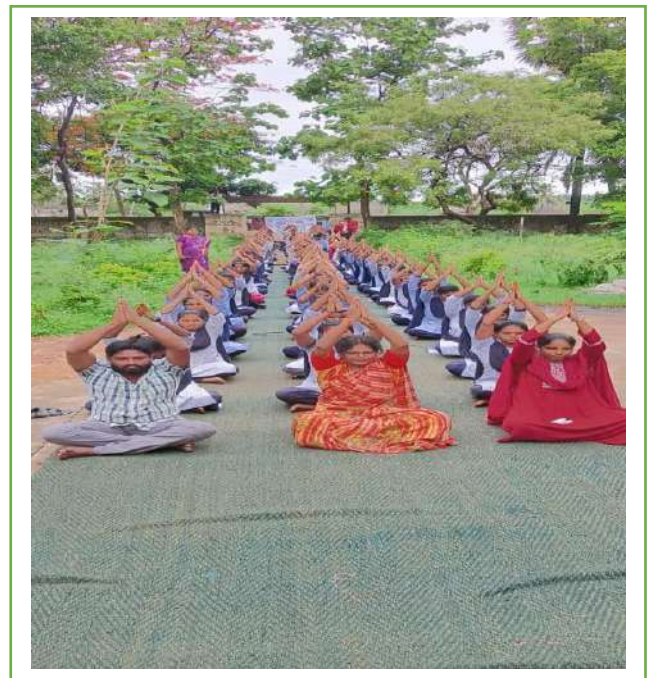
As per the instructions from Dr.D. Chitti Babu, Principal of our college all the Staff & Students were participated in International Yoga Day Celebrations on 21.06.2022. S. Rajendra Prasad, NSS Program Officer organized this event. Dr.D.Chitti Babu, Principal of our college, deliberate the importance of Yoga in daily life. Sri. K. Hare Rama Krishna, Vice Principal of this College given message about Yoga Asana how to practices yoga asana.



PHOTOS GALLERY



Opening Remarks by Dr. D. Chitti Babu Principal, G.D.C. Seethanagaram



Principal, Staff and Students participated in Yoga on the eve of Yoga Day

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