



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, 21-06-2023

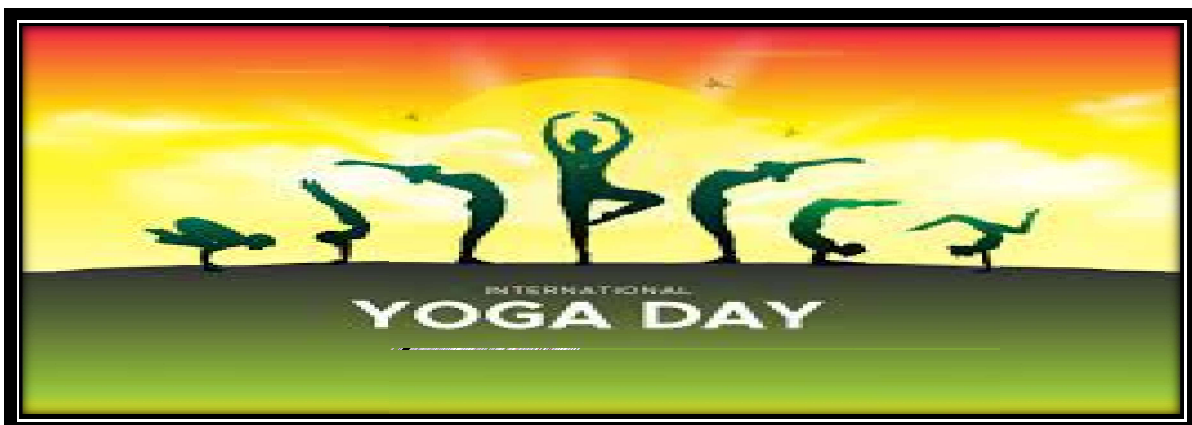
International Yoga Day is celebrated on June 21 every year to spread awareness about the invaluable benefits of Yoga. Practicing yoga might seem like just stretching, but it can do much more for your body than the way you feel, look and move. It even helps you with increasing flexibility, muscle strength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

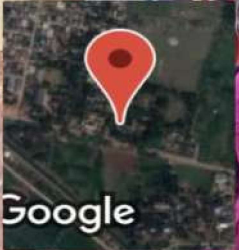
Every year [International Yoga Day](#), people gather at a place like yoga studios or other communal spaces and perform yoga together. Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda.

INTERNATIONAL YOGA DAY 2023 THEME:

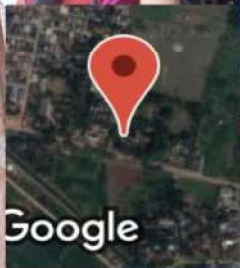
Yoga for Vasudhaiva Kutumbakam' or 'Yoga for the Welfare of All as One World-One Family,' is the theme for the International Yoga Day 2023. Prime Minister Narendra Modi announced the same during the 102nd episode of 'Mann ki Baat. ' This year's theme highlights yoga as a practice that connects and unites everyone

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 21.06.2023. Chatrapathi VS Saladi, 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.





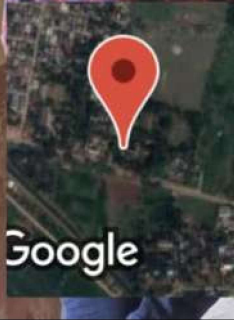
GPS Map Camera
Seethanagaram, Andhra Pradesh, India
Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India
Lat 17.182478°
Long 81.686057°
21/06/23 11:11 AM GMT +05:30



GPS Map Camera
Seethanagaram, Andhra Pradesh, India
Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India
Lat 17.182478°
Long 81.686057°
21/06/23 11:13 AM GMT +05:30



GPS Map Camera



Seethanagaram, Andhra Pradesh, India

Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India

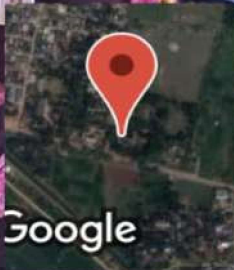
Lat 17.182478°

Long 81.686057°

21/06/23 11:15 AM GMT +05:30



GPS Map Camera



Seethanagaram, Andhra Pradesh, India

Singavaram, 5MJP+XCG, Lankuru, Seethanagaram, Andhra Pradesh 533287, India

Lat 17.182484°

Long 81.686067°

21/06/23 11:18 AM GMT +05:30