



# The Department of Physics & Electronics GC (A), Rajahmundry

## A brief Report on **INTERNATIONAL YOGA DAY** Conducted on 21<sup>st</sup> JUNE 2023

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**Date** : 21-06-2023

**Name of the Event** : Yoga for Vasudhaiva Kutumbakam- Extra-curricular Activity

**Topic** : International Yoga Day

**Name of the Resource Person** : Vivekananda Rock Memorial & Vivekananda Kendra,  
Kanya Kumari Branch, Rajahmundry.

**No of participants** : 250

**Objective** : 1. To Give awareness about Yoga  
2. To Make everyone mentally and physically fit  
3. Explaining the benefits of Yoga

**Procedure** : As per the schedule date and instructions from the higher authorities the practice of the yoga will be conducted every year at 6.30 AM in the college premises on 21<sup>st</sup> June. The same is intimated and circular is sent to all the faculty and student to participate actively in the event.

**Summary of the event**

: A yoga session was conducted by Yoga gurus at the Vivekananda Rock Memorial & Vivekananda Kendra, Kanya Kumari Branch, Rajahmundry. During the session, various Yogasanas were demonstrated and their benefits were explained in detail. The participants included 250 undergraduate and postgraduate students, as well as staff members.

The significance of practicing yoga daily for both physical and mental fitness was emphasized to the participants. The session aimed to educate and encourage everyone to incorporate yoga into their everyday routine for overall well-being.



Sd/-  
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