



Government Degree College

Yerraguntla-516309, Kadapa District

Dr. M. Ravi Kumar, M.S.c. Ph.D.

Principal



NEWSLETTER

IN THIS ISSUE

- International Yoga Day Celebrations – 'Yogandhra'

International Yoga Day Celebrations – 'Yogandhra'



Government Degree College, Yerraguntla, YSR District, celebrated the 11th International Yoga Day with the theme 'Yogandhra' on 21st June 2025. The event witnessed active participation from Principal Dr. M. Ravi Kumar, faculty, non-teaching staff, and students. The yoga session included a series of warm-ups, breathing exercises, and various asanas guided by trained instructors. Participants enthusiastically engaged in the session and experienced the calm and focus yoga brings to both mind and body. The celebrations aimed to spread awareness about the importance of yoga in daily life for overall well-being, mental clarity, and physical health. Everyone present gained insights into how yoga contributes to a balanced, disciplined, and stress-free lifestyle. The event fostered unity and positivity among the college community. As a token of commitment to a healthier lifestyle, all attendees took a collective pledge to incorporate yoga into their daily routines. The program concluded successfully with great energy and inspiration.