



GOVERNMENT DEGREE COLLEGE (WOMEN)

Marripalem, Koyyuru Mandal, Alluri Sitaramaraju-531118



CELEBRATIONS OF 11th INTERNATIONAL YOGA DAY

In accordance with the proceedings of the Commissioner of collegiate education, Vijayawada, the IQAC and NSS Unit of Government Degree College for Women Marripalem, successfully organized a series of programs to mark the celebration of 11th International Yoga Day with the Global theme “Yoga for One Earth, One Health.” The events were conducted under the dynamic leadership of Principal Dr. K. SUDHA, with active participation from faculty and students. 11th International Yoga Day at GDC Marripalem. On June 21st, Government Degree College Marripalem embraced the essence of holistic health by celebrating the 11th International Yoga Day with great enthusiasm and energy. Under the inspiring leadership of Principal Dr. K. Sudha and the guidance of Vice Principal Smt. Dr. VKT Mahalaxmi, students and staff came together to experience the power of yoga as a unifying force of mind, body, and spirit. The celebration echoed this year’s global theme, fostering awareness about yoga’s benefits and encouraging a healthy lifestyle among the youth.





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1. YOGA AWARENESS AND PRACTICE SESSION

In celebration of International Yoga Day, the Government Degree College, Marripalem organized an inspiring Yoga Awareness and Practice Session on campus. The event aimed to spread awareness about the importance of yoga in maintaining a healthy body and peaceful mind. The programme began with a brief introduction highlighting the global significance of yoga and its roots in Indian tradition. The college Principal, Dr. K. Sudha, and Vice Principal, Smt. Dr. VKT Mahalaxmi inaugurated the session and shared their valuable thoughts on the role of yoga in student well-being and academic focus.

The entire faculty and students actively participated in the practice session, guided by a certified yoga instructor. A series of asanas (postures), pranayama (breathing techniques), and meditation exercises were performed, promoting physical flexibility, mental clarity, and emotional balance. The session emphasized how yoga can be a powerful tool to cope with stress and maintain a positive outlook in today's fast-paced life. Special attention was given to techniques that students can easily practice daily for better concentration and mental strength.

The event concluded with an interactive Q&A where students clarified their doubts and expressed interest in making yoga a part of their routine. The college is proud of the overwhelming response from both staff and students. Principal Dr. K. Sudha appreciated the collective spirit of the participants and encouraged the continuation of such wellness initiatives. The session stood as a reminder that holistic education includes caring for both mind and body, and that Yoga is a path to harmony, health, and happiness.



యోగాతో మానసిక ప్రశాంతత

కొయ్యూరు, ముంచంగిపుట్టు, స్యూస్ టుడే: రోజువారీ జీవితంలో యోగాను భాగం చేసుకోవాలని మురిపాలెం ప్రభుత్వ మహిళా డిగ్రీ కళాశాల ప్రిన్సిపల్ డాక్టర్ కె. సుధ అన్నారు. సోమవారం ఎన్ఎస్ఎస్ ఆధ్వర్యంలో అవగాహన కల్పించారు. యోగాతో మానసిక ప్రశాంతత లభిస్తుంద

న్నారు. వైస్ ప్రిన్సిపల్ డాక్టర్ మహాలక్ష్మి, అధ్యాపకులు, విద్యార్థినులు పాల్గొన్నారు. ముంచంగి పుట్టు వెలుగు కార్యాలయంలో ద్వైతా మహిళలకు అవగాహన కల్పించారు. ఏపీఎం కళావతి మాట్లాడుతూ.. యోగాతో



మురిపాలెం మహిళా డిగ్రీ కళాశాలలో విద్యార్థినుల యోగసనాలు



వై. రామవరం మహిళా సమాఖ్య కార్యాలయం వద్ద యోగా చేస్తున్న మహిళలు

ఒత్తిడిని అధిగమించవచ్చని పేర్కొన్నారు. సిబ్బంది పాల్గొన్నారు.

చింతపల్లి గ్రామీణం, వై. రామవరం, స్యూస్ టుడే: చింతపల్లి డిగ్రీ కళాశాలలో ప్రిన్సిపల్ విజయభారతి ఆధ్వర్యంలో అధ్యాపకులు, విద్యార్థులు యోగాసనాలు వేశారు. వైస్ ప్రిన్సిపల్ శ్రీనివాసపాత్రుడు,

ఈశ్వర్, పూర్ణారావు, రవీంద్రబాబు తదితరులు పాల్గొన్నారు. వై. రామవరంలో ఎంపీడివో బాపన్న దొర ఆదేశాల మేరకు 17 పంచాయతీల్లో అవగాహన కార్యక్రమాలు జరిగాయి. మహిళా సమాఖ్య కార్యాలయంలో మహిళా అధ్యక్షురాలు ఎమ్. రామలక్ష్మి ఆధ్వర్యంలో మహిళలతో యోగాసనాలు వేయించారు.



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2. STUDENTS YOGA PRACTICE WITH THEIR FAMILY

As part of the Yogandhra initiative and in celebration of International Yoga Day, students of Government Degree College (Women), Marripalem actively participated in yoga sessions alongside their family members, senior citizens and with children promoting the spirit of health and harmony beyond the college campus.





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3. STUDENT PARTICIPATION IN YOGA COMPETITONS:

Most of our college students participated in mandal, district and state level yoga competitions. They secured prizes for their performances. They were awarded certificates from officials of Marripalem for their execution of Yoga postures. It has been observed that time management, discipline, patience etc. improved in students by meditation and yoga.





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4. FACULTY PARTICIPATION IN INTERNAL YOGA

In a commendable step towards promoting holistic health and wellness, the faculty of Government Degree College, Marripalem actively participated in internal yoga exercises conducted on campus. This initiative was undertaken as part of the college's ongoing efforts to integrate physical and mental well-being into the daily routine of educators. The session witnessed enthusiastic involvement from the Principal Dr. K. Sudha, Vice Principal Smt. Dr. VKT Maha Lakshmi, and all the teaching staff. The event highlighted the importance of stress relief, flexibility, and inner peace through regular yoga practice.

The internal yoga session served as a refreshing break from academic duties, allowing the faculty members to rejuvenate and refocus their energies. Through guided breathing techniques, gentle stretches, and mindfulness practices, the participants experienced the profound benefits of yoga firsthand. The college administration emphasized that such wellness programs will be organized regularly, not only to improve personal health but also to create a positive and focused academic environment.





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5. FACULTY PARTICIPATION IN EXTERNAL YOGA EVENTS

As part of their ongoing commitment to health and holistic well-being, the faculty of Government Degree College, Marripalem actively participated in various external yoga programs organized across the region. These initiatives were conducted in connection with the International Yoga Day celebrations and aimed to spread awareness on the importance of yoga in daily life.





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6. QUIZ ON INTERNATIONAL YOGA DAY



An online quiz was conducted to education students about various yoga asanas and their health benefits. This initiative benefited not only students at our college but also participants from other colleges, all of whom received e- certificate upon successful completion. Approximately 150 students participated, gaining valuable knowledge on the significance and advantages of regular yoga practice. The quiz fostered greater awareness of yoga's role in physical and mental wellness while strengthening student engagement with holistic health education.





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7. OBSERVANCE OF INTERNATIONAL YOGA DAY:[21ST JUNE 2025]

Government Degree College, Marripalem, proudly celebrated the 11th International Yoga Day on 21st June in the college premises with great enthusiasm and spirit. The event was organized in the early morning hours, beginning at 7:00 a.m., creating a peaceful and refreshing start to the day. The program was graced by the presence of Principal Dr. K. Sudha, Vice Principal Dr. VKT Mahalaxmi, Dr. K. Srimannarayana from the Physics Department, and all the dedicated faculty members.

The session included a series of guided yoga postures, breathing exercises, and meditation techniques aimed at promoting physical well-being and mental clarity. Faculty members actively participated, reflecting the college's commitment to encouraging a balanced and healthy lifestyle. The Principal appreciated the collective spirit and emphasized the importance of incorporating yoga into daily life for both students and staff. The celebration reinforced the value of traditional practices in modern life and served as an inspiration for all to prioritize wellness



