



**SVCR GOVT DEGREE COLLEGE, PALAMANER**  
**35 (A) BN NCC CHITTOOR**



**International Day of Yoga**

**21-06-2018**



**PROGRAM NAME :** INTERNATIONAL YOGA DAY  
**PROGRAM DATE :** 21.06.2018  
**TIME :** 10.00 AM  
**VENUE :** COLLEGE CORRIDOR  
**RESOURCE PERSON :** COLLEGE



OFFICE OF THE PRINCIPAL

# SVCR GOVT. DEGREE COLLEGE

Re-accredited by NAAC with 'B' Grade



Dated: 20/06/2018

CIRCULAR

This is to inform all the students and the staff tomorrow (21.06.2018) our college is going to conduct "International Yoga Day" celebrations. This year's theme is 'Yoga for Peace'. Yoga is explored to serve as a connecting tool between countries and people of different horizons. Hence, all the staff has to attend along with their students. The main aim is to create awareness on the importance of staying fit and healthy.

PRINCIPAL  
S.V.C.R. Govt. Degree College  
PALAMANER - 517 408.

Sd/-

Principal

## OBJECTIVES OF THE PROGRAMME:

1. To create an awareness on the importance of staying fit and healthy.
2. To practice various yoga asanas (or postures) and pranayamas (or breathing exercises).

## REPORT OF THE PROGRAMME:

The Esha Yoga Guru came to the college to teach the importance of Yoga. He played the CD and explained the need for doing yoga. He explained at length the good effects that we receive when we practice yoga continuously. The students and the staff practiced yoga along with him. The day yield good results to all.

## OUTCOMES:

1. The students and the staff learnt to do yoga.
2. They understood the benefits of practicing yoga.

SIGNATURE OF THE STUDENTS:

**SVCR GOVT. DEGREE COLLEGE  
PALAMANER**



International Yoga Day

Date: 21-06-2018

S.No	Name of the Student	Signature of the Student
1.	S. Aleesha	S. Aleesha
2.	R. Divya	R. Divya
3.	K. Tejasri	K. Tejasri
4.	A. Soritha	A. Soritha
5.	T. Jamuna	T. Jamuna
6.	M. Soritha	M. Soritha
7.	N. Haritha	N. Haritha
8.	C. Roopa	C. Roopa
9.	B. Sujatha	B. Sujatha
10.	R. Tulasi	R. Tulasi
11.	G. Kalyani	G. Kalyani
12.	C. Sarala	C. Sarala
13.	P. Arun kumar	P. Arun kumar
14.	C. Rajesh	C. Rajesh
15.	P. Balaji	P. Balaji
16.	M. Karthik	M. Karthik
17.	B. Venkatesh	B. Venkatesh
18.	M. Giri Babu	