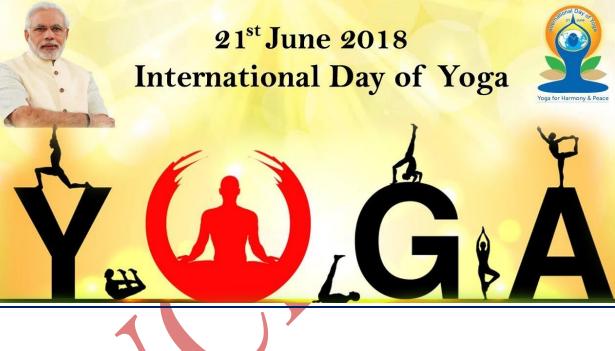


SVCR GOVT DEGREE COLLEGE, PALAMANER <u>35 (A) BN NCC CHITTOOR</u>



International Day of Yoga





- 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

S.No	Name of the Student	Signature of the Student
1.	S. Aleesha	S. Alcesta
2.	R. Divya	R. Diula
3.	K. Tejasri	4 conin
4.	A. Saritha	d. fasitha
5.	T. Jamuna	7. Samuja
6.	M. Saritha	m salthe
7	N. Haritha	N-strouthen
8	C. Roopa	C. Rospa.
9.	B. Sujatha	B-Sulatha
10.	R. Tulasi	R. tulasi
	G. Kalyani	Shahujane.
12.	C. Sarala	C. Sarala
13.	P. Arun kumar	P. Aroun Kurrors
14.	C. Rojesh	C. Rojeth
15.	P. Bolaji	R. E.LS?
1G.	M. Karthik	H. Keithik
17.	B. Venkatesh	Buenkatish
18.	M. Giri Babu	- unallyn