

**A.S.D GOVERNMENT DEGREE COLLEGE FOR WOMEN
AUTONOMOUS, KAKINADA**

**A REPORT ON INTERNATIONAL YOGA DAY CELEBRATIONS
2024**

International Yoga Day is celebrated on 21-06-2024 in A.S.D Government Degree College for Women (A), Kakinada with the theme “Yoga for Self and Society.” NCC Girls Battalion of the college, NSS Unit I and II and Health Committee conducted the activities collaborating with the local yoga and spiritual organizations. Along with the students of the college, students from local junior college and the school students from the BC welfare hostels were also made part in the celebration. Students and staff members actively participated in the celebrations. The celebrations were concluded by conducting a rally in the community to conduct awareness in the neighbourhood

**Principal Dr.V. Anantha Lakshmi and Yoga Guru Sadguru Sachidananda
addressing the students on Importance of yoga**



Yoga Guru Sadguru Sachidananda of DNYS Yoga and Nature Cure Centre Kakinada demonstrating Yoga postures to the participants



NCC Cadets demonstrating Yoga Postures

Students



Students performing Yoga



NCC Cadets along with the students of the college participating in Rally



NSS Unit I celebrating International Yoga Day in Social welfare Hostels



NSS Programme Officer Kum.G.Pavani explaining about the process of meditation



NSS Unit II Programme Officer Ms.P.Leena explaining about Importance of Yoga Day to the students of AS Junior College



NSS Volunteers demonstrating Yoga Postures



Dr.Lakshmi Prakash from Art of Living explaining about Yoga and Reproductive Health



Yoga Day Celebration by Health Committee in collaboration with Art of Living

