



## GOVERNMENT INSTITUTE OF ADVANCED STUDY IN EDUCATION

**B. Camp,  
KURNOOL.**



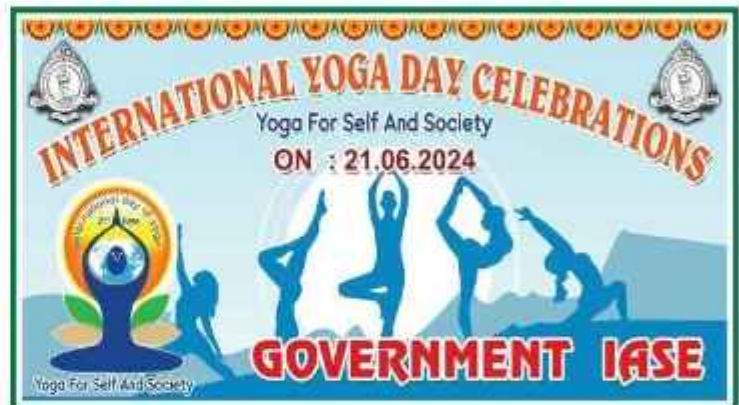
### Report on the 10th International Yoga Day Celebrations **Theme: Yoga for Self & society**

**Date: June 21, 2024**

**Venue: Government IASE College, Kurnool**

**Chairperson: Dr. R. Adinarayana Reddy, Principal**

The 10th International Yoga Day was celebrated with great enthusiasm and fervor at Government IASE College, Kurnool, under the esteemed chairmanship of Dr. R. Adinarayana Reddy, Principal of the college. The event was organized by the Department of Physical Education, following the guidelines provided by the University Grants Commission (UGC).



The celebration saw active participation from **100 students** who demonstrated various Yoga Mudras and followed the Yoga Protocol meticulously.

The event commenced with a brief introduction to the significance of Yoga Day, highlighting the benefits of yoga for physical and mental well-being.

**Dr. R.Adinarayana Reddy, Principal** of this college in his opening address, emphasized the importance of incorporating yoga into daily life to achieve a balanced and healthy lifestyle. He encouraged students and staff to practice yoga regularly, underlining its positive impact on reducing stress, improving concentration, and promoting overall health.



The Yoga session was led by experienced instructors **Dr. Y Kalyan Kumar, Lecturer in**



**Physical Education** of this college, who guided the participants through a series of yoga postures(Asana), breathing exercises (pranayama), and meditation techniques. The students, along with the teaching and non-teaching staff, participated with great enthusiasm, showcasing their dedication to the practice of yoga.

The event concluded with a vote of thanks, where the students expressed their gratitude to Principal for his support and encouragement. Appreciation was also extended to the Department of Physical Education for their efforts in organizing a successful and inspiring Yoga Day celebration.



Overall, the 10th International Yoga Day at Government IASE College, Kurnool, was a resounding success, fostering a sense of unity and well-being among the participants. The event highlighted the importance of yoga as a means to enhance physical health, mental clarity, and spiritual growth.

*This report encapsulates the spirit of International Yoga Day and the commitment of Government IASE College, Kurnool, towards promoting a healthy and balanced lifestyle through yoga.*