

Yogandhra 2025: A Celebration of Wellness and Tradition

The Department of Physical Education and NCC unit under the guidance of Physical Director Sri Vallabhaneni Mani Prasad, at VSR Government Degree and PG College, organized the “Yogandhra 2025” program in accordance with the instructions from the Commissionerate of Collegiate Education, a unique event aimed at promoting holistic health and traditional wellness practices. A good number of participants including students, staff, parents and community, engaged in a series of activities centred around yoga.

“Yogandhra 2025” aims to foster a deeper understanding of the benefits of yoga and meditation, encouraging individuals to adopt healthier lifestyles.

V.S.R GOVERNMENT DEGREE & P.G COLLEGE
Movva - 521135 Krishna Dt., Andhra Pradesh
NAAC Re - Accredited with "B+" Grade

INTERNATIONAL YOGA DAY
21 JUNE

యోగోంధ్ర
21 JULY

DEPARTMENT OF PHYSICAL EDUCATION & NCC UNIT

As a part of Yogandhra 2025 celebrations a sequence of events and activities were conducted including:

1. Posters presentation

A poster presentation on yoga was organized on **16.06.2025** to raise awareness about the importance of incorporating yoga into daily life. The event highlighted the benefits of yoga, such as improved flexibility and reduced stress levels.



2. Exhibitions on importance of Yoga

An exhibition on the importance of yoga was presented on **16.06.2025**, showcasing various asanas and their significance in promoting holistic health. The event emphasized the benefits of yoga in enhancing mental clarity, physical strength, and emotional well-being.



3. Talk on YOGA

A talk on Yoga was organized on **17.06.2025** to enlighten participants about its origin, philosophy, and daily relevance. The session emphasized how regular yoga practice can improve concentration, boost immunity, and foster inner peace.



4. Awareness rally on benefits of Yoga

An awareness rally on the benefits of Yoga was organized on **18.06.2025** to promote healthy living among the community. Participants highlighted how yoga enhances physical fitness, reduces stress, and supports overall well-being.



5. Quiz and elocution competitions

A quiz and elocution competition were conducted as part of the YOGANDHRA programme on **19.06.2025** to engage students in understanding the significance of yoga. The events encouraged participants to explore the physical, mental, and spiritual benefits of regular yoga practice.



6. Demonstrations and practicing YOGA

Demonstrations and practical sessions of yoga were conducted on **20.06.2025** to provide hands-on experience of various asanas and breathing techniques. Participants experienced the immediate benefits of yoga, including enhanced flexibility, relaxation, and improved posture.



7. Yoga and meditation sessions to students, staff, parents and community

Yoga and meditation sessions were conducted for students, staff, parents, and the community on **21.06.2025** in celebration of Yogandhra on International Yoga Day. The sessions promoted unity, mindfulness, and well-being, highlighting yoga's role in fostering a balanced and healthy lifestyle for all age groups.







The successful implementation of this yoga program promoted a culture of wellness and mindfulness among students, staff, parents, and the wider community. It is expected to contribute to long-term physical health, emotional resilience, and improved interpersonal relationships in the future.