

ANDHRA CHRISTIAN COLLEGE, GUNTUR

2020-21

**NOTICE**

**International Yoga Day Celebration**

**Date:** June 21, 2020

**Time:** 7:00 am - 9:00 am

**Venue:** On line (Zoom)

Dear Students,

We are pleased to inform you that our college will be celebrating International Yoga Day on June 21, 2020 in online mode. ( ZOOM) .This event aims to promote physical, mental, and spiritual well-being through the practice of yoga. Zoom I.D and Password will be sent to your registered mobile.

**Event Highlights:**

- Guided Yoga Session
- Meditation Techniques
- Health and Wellness Tips

All students are encouraged to participate in this event in online. Your participation will contribute to a healthier and more harmonious campus environment. Let's come together to embrace the benefits of yoga and foster a sense of unity and well-being in our community.

We look forward to your enthusiastic participation!



*T. Anita*  
PRINCIPAL  
ANDHRA CHRISTIAN COLLEGE  
(Day, Evening & P.G)  
GUNTUR

	<b>Andhra Christian College, Guntur</b> Affiliated to Acharya Nagarjuna University Sambasivapet main road, Guntur -522001, A. P. E mail: <a href="mailto:accollegeguntur@ymail.com">accollegeguntur@ymail.com</a> website: <a href="http://www.accollegeguntur.com">www.accollegeguntur.com</a>	<b>Criterion: V</b>
		<b>Metric:5.1.2</b>

International Yoga Day ( on line)

21-6-2020

**Academic Year 2020-21**

### **Brief Report**

International Yoga Day is celebrated on June 21st each year. Established by the United Nations General Assembly in 2014, it aims to raise awareness worldwide of the many benefits of practicing yoga. The idea was proposed by India's Prime Minister, Narendra Modi, and has since seen global participation, with various events, workshops, and sessions organized to promote physical, mental, and spiritual well-being through yoga.

The date of June 21st was chosen as it is the Summer Solstice, the longest day of the year in the Northern Hemisphere, symbolizing the transition to new beginnings and spiritual enlightenment. Each year, the celebration often focuses on a specific theme, encouraging people of all ages and backgrounds to engage in the practice of yoga

International Yoga day is observed in online. (ZOOM) Physical Education dept. has organized .

#### **Significant importance of International Yoga Day :**

1. **Promotion of Health and Wellness:** Yoga is recognized for its numerous health benefits, including improved flexibility, strength, balance, and mental clarity. By dedicating a day to yoga, the practice of maintaining physical and mental health is promoted on a global scale.
2. **Stress Reduction:** Yoga incorporates breathing exercises, meditation, and poses that help reduce stress and anxiety. International Yoga Day raises awareness about these techniques and their benefits for mental health.
3. **Cultural Awareness and Unity:** Yoga has its origins in ancient India, and celebrating International Yoga Day helps promote cultural understanding and appreciation. It also fosters a sense of unity as people from diverse backgrounds come together to participate in yoga activities.
4. **Holistic Development:** Yoga emphasizes the development of mind, body, and spirit. This holistic approach to health encourages individuals to adopt a balanced lifestyle, improving overall well-being.
5. **Global Participation and Awareness:** The day provides a platform for individuals, communities, and countries to organize events, workshops, and classes, making yoga accessible to a wider audience. This global participation helps spread the knowledge and practice of yoga.

6. **Encouragement of a Healthy Lifestyle:** By highlighting the benefits of yoga, International Yoga Day motivates people to incorporate healthy habits into their daily routines. This includes regular physical activity, mindful eating, and mental relaxation techniques.
7. **Connection with Nature:** Yoga often encourages practices that connect individuals with nature, such as outdoor yoga sessions. This fosters an appreciation for the environment and promotes sustainability.
8. **Support for Mental Health Initiatives:** As mental health becomes an increasingly important global issue, yoga provides a valuable tool for managing mental health challenges. International Yoga Day helps bring attention to these benefits and supports mental health initiatives.



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# ANDHRA CHRISTIAN COLLEGE, GUNTUR

(Day, Evening & P.G.)

## NOTICE

Date: 20-03-2023

Tomorrow, the 21<sup>st</sup> of March 2023 there will be Health Check-up programme in the Y. V. Rao P. G. Block at 10 AM. IQAC and College NSS Units organized a free health check-up in Collaboration with Ramesh Hospitals, Guntur. Staff can avail the opportunity. Free E. C. G., Lung capacity, Random Sugar will be tested and doctor consultancy is provided.



(Dr. K. Moses)

PRINCIPAL

**Copy to:**

1. The Co-ordinator IQAC, Andhra Christian College.
2. The Office Manager, Andhra Christian College.



## Andhra Christian College, Guntur

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website: [www.accollegeguntur.com](http://www.accollegeguntur.com)

Criterion: VII

Metric: 5.1.2

## Health Checkup for the Staff

**Date:** 21-03-2023

**Objective:** To provide health awareness among the Staff and to maintain good health.

**Description-** Health Check-up camp is conducted by IQAC and NSS, NCC Units with the Collaboration of Aster Ramesh Hospitals Guntur, a leading Cardiology Specialist in the City. All the staff tests their Random sugar, B.P, Lung Capacity and E.C.G. Dr. M. Sandeep, MD from Ramesh Hospitals suggest medicine and further tests according to the reports.

### Outcome:

To create Cardiac health awareness in the staff.

ఆంధ్ర క్రిస్టియన్ కాలేజ్ వారి సహకారం తో

ఆస్టర్ రమేష్ హాస్పిటల్స్ వారి ఉచిత గుండె వైద్య శిబిరం

అందుబాటులో ఉండు వైద్య నిపుణులు

మీ గుండె ఆరోగ్యానికి తిరుగు లేదనే భరోసా పొందండి. ఏ సమస్య అయినా తొలి దశలోనే గుర్తించడం వల్ల, తేలిక పాటి చికిత్సతో పరిష్కారం అవుతుంది. ఆస్టర్ రమేష్ హాస్పిటల్స్ అందిస్తోన్న ఈ గొప్ప అవకాశాన్ని వినియోగించుకోండి.

డా|| సందీప్  
గుండె వైద్య నిపుణులు

శిబిరం నందు చేయు పరీక్షలు:  
బి.పి. | షుగర్ | ఈసీజీ | ఓఎఫ్ | కార్డియాలజీ కన్సల్టేషన్

21 మార్చి గురువారం 10 AM-01 PM ఆంధ్ర క్రిస్టియన్ కాలేజ్, గుంటూరు

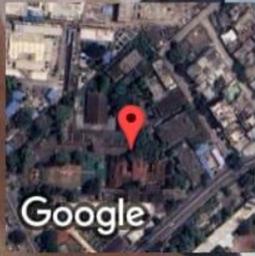
వివరములకు సంప్రదించండి:  
**+918919810049**  
[www.asterrameshhospitals.com](http://www.asterrameshhospitals.com)

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 **GPS Map Camera**



Guntur, Andhra Pradesh, India  
7CWV+QCJ, AC College Rd, beside govt.hospital, Bridge down,  
Sambasiva Pet, Guntur, Andhra Pradesh 522001, India  
Lat 16.297021°  
Long 80.44326°  
21/03/23 11:07 AM GMT +05:30





Google

Guntur, Andhra Pradesh, India  
7CWV+QCJ, AC College Rd, beside govt.hospital, Bridge down, Sambasiva Pet,  
Guntur, Andhra Pradesh 522001, India  
Lat 16.297021°  
Long 80.44326°  
21/03/23 11:18 AM GMT +05:30

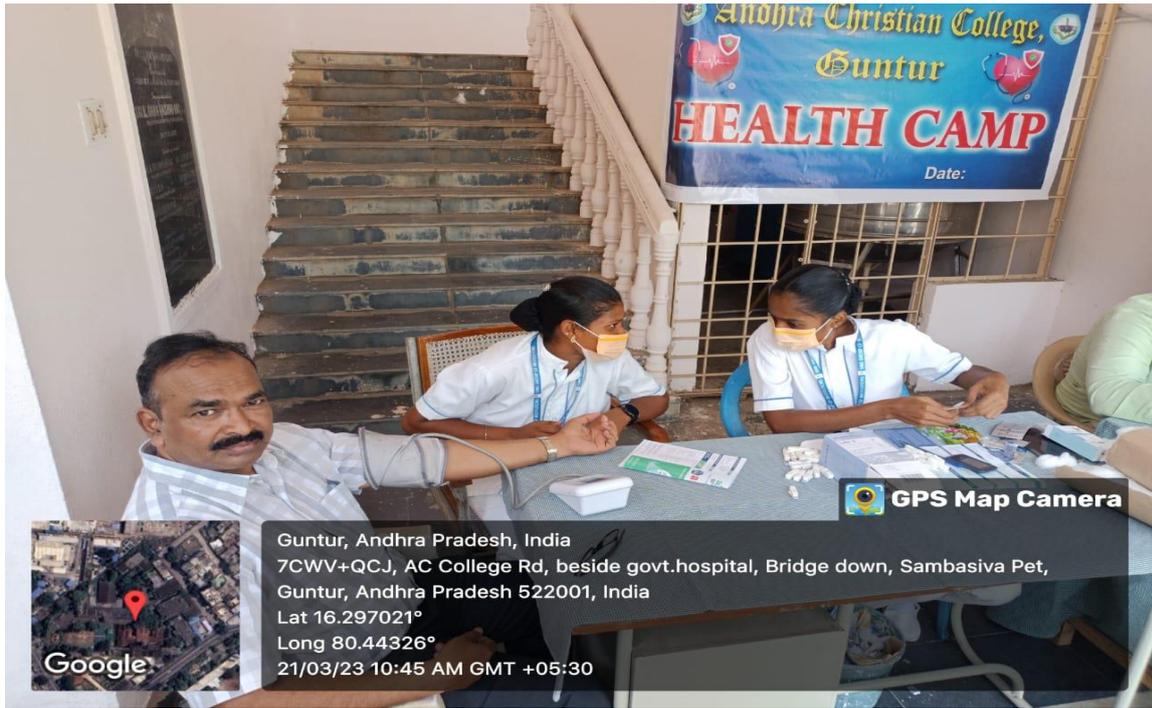
 **GPS Map Camera**



Google

Guntur, Andhra Pradesh, India  
7CWV+QCJ, AC College Rd, beside govt.hospital, Bridge down, Sambasiva Pet,  
Guntur, Andhra Pradesh 522001, India  
Lat 16.297021°  
Long 80.44326°  
21/03/23 10:57 AM GMT +05:30

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*[Signature]*  
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Criterion: VI

Metric: 5.1.2



### Criterion 5 - Student Support and Progression

**5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability**

- 1.Soft skills**
- 2.Language and communication skills**
- 3.Life skills (Yoga, physical fitness, health and hygiene)**
- 4.ICT/computing skills**

### Sports

# ACADEMIC YEAR 2020 - 2021

No Physical activities has been held during COVID period. Yoga Webinar was organized during this COVID period followed by Online Classes for the students regarding sports.

*"Ye shall know the truth and the truth shall set you free" John 8:32*

**Andhra Christian College, Guntur**  
(Day, Evening & P.G.)  
Estd. 1885

Andhra Pradesh, India - 522001  
Reaccredited with "A" Grade by NAAC

**DEPARTMENT OF PHYSICAL EDUCATION & IQAC**  
in collaboration with  
**ACHARYA NAGARJUNA UNIVERSITY**  
jointly organising  
**A TWO DAY NATIONAL WEBINAR**  
on  
**"Yoga and Wellness during COVID-19 period"**  
7<sup>th</sup> & 8<sup>th</sup> October, 2020; 10:30 a.m. to 01:00 p.m.

**Chief Patron**  
  
**Most Rev. Dr. K. F. Paradesi Babu**  
Moderator Bishop, A. E. L. Church &  
Correspondent, A. C. College

**Chairperson**  
  
**Dr. T. Anita Susan**  
Principal  
A. C. College

**Inaugural Address**  
  
**Dr. P. P. S. Paul Kumar**  
Director of Physical Education &  
Secretary, Sports Board  
Acharya Nagarjuna University

**Resource Person**  
  
**Dr. K. Venkatachalapathy**  
Assistant Professor & Director I/c  
Centre for Yoga Studies  
Annamalai University

**Resource Person**  
  
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**Convener**  
**Dr. K. Moses**  
Coordinator, IQAC  
9848433194

**Registration Link :**  
<https://forms.gle/q7yX1qVbcu2wXk7>

Instructions & Participation links will be send through  
Email & Whatsapp Group

Join us on  
  
Watch Us On  




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