

ANDHRA CHRISTIAN COLLEGE, GUNTUR
(Day, Evening, & P.G)

NOTICE

2021-22

International Yoga Day Celebration

19-06-2021

Date: June 21, 2021

Time: 7:00 am - 9:00 am

Venue: College Open Auditorium

Dear Students,

We are pleased to inform you that our college will be celebrating International Yoga Day on June 21, 2021. This event aims to promote physical, mental, and spiritual well-being through the practice of yoga.

Event Highlights:

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

All students are encouraged to participate in this event. Please wear comfortable clothing suitable for Yoga practice and bring your own yoga mat, if possible. The session will begin promptly at 7:00 AM, so please attend on time.

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



Andhra Christian College, Guntur

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Criterion: V

Metric:5.1.2

International Yoga Day

21-6-2021

Academic Year 2021-22

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.

In our college International Yoga day is observed. It was organized by Our beloved principal, Dr.K.MOSES, and our N.S.S Coordinator Dr.P.Marcus Pradeep, and Dr.B.J.Bhagya Lata.

Degree and Inter students have participated in the programme. N.S.S Coordinators have explained the importance of Yoga in our daily life.

Significant importance of International Yoga Day :

- 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.
- 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.
- 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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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 2021 – 2022



Two players from our college participated in South Zone Basket Ball Tournament held at Hindustan University, Chennai




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