



**SVRK GOVERNMENT DEGREE COLLEGE**

**NIDADAVOLE, E.G (Dt).**

**DEPARTMENT OF POLITICAL SCIENCE**

**2022-2023 Activities**

**Name of the Program:** Extension Activity – “**International Yoga Day**” – Awareness at Jr. College Chagallu.

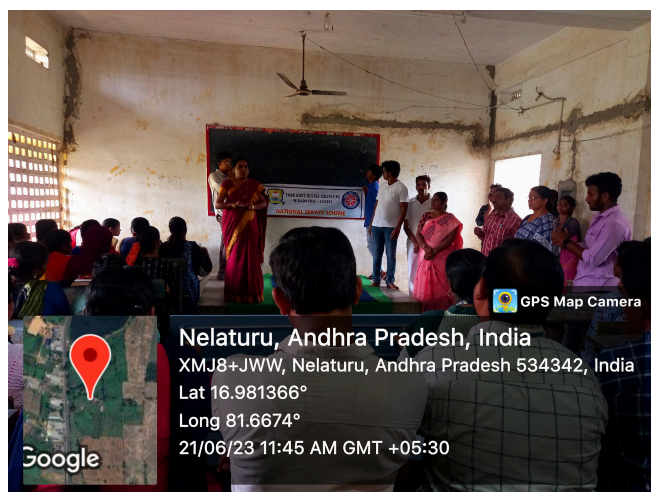
**Date – 21-06-2023**

**No. of Participants – Nearly 100 members and staff**

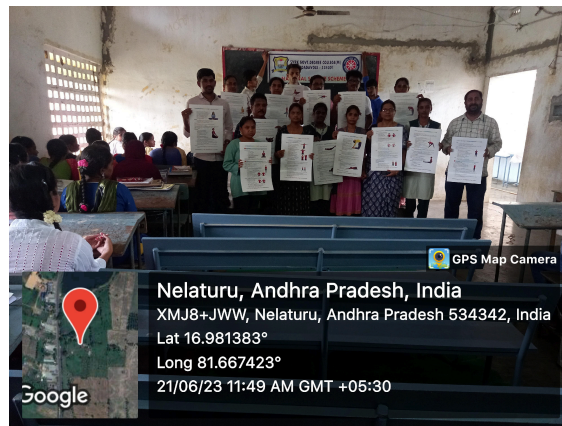
**Resource Person:** Staff of SVRK GDC NDD

**Objective of the Program:**

The main aim is to raise awareness about the numerous physical and mental health benefits of yoga and provide an opportunity for individuals of all ages and backgrounds to experience its transformative effects firsthand.



**Interaction with students about Yoga**



## Poster Presentation on Yoga and Asana's



## Meditation Activity



