

|| JAI SRI GURUDEV ||



Sri Adichunchanagiri Shikshana Trust (R.)

SRI ADICHUNCHANAGIRI FIRST GRADE COLLEGE

Kuvempu Road, CHANNARAYAPATNA-573116 :: Hassan District

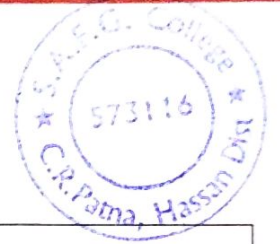
Affiliated to Hassan University

Accredited with "B" Graded by NAAC

Phone : 08176 252266

Web: www.safgcrp.org

Email Id: safgcrpc@gmail.com



Event Summary

1	Name of the Event	International Yoga Day
2	Venue	Kuvempu Vedhike
3	Date and Time	21.06.2025 07.00 AM
4	Number of Students participated	Mass
5	Name of the Coordinator	Bhaskara J.
6	Organized by	Physical Education and Sports
7	Nature of Programme	International Celebration Programme

Physical Education Director
Sri Adichunchanagiri First Grade College
Channarayapatna-573116

Principal
Sri Adichunchanagiri First Grade College
Channarayapatna

|| ಹೃದ್ರೀ ಗುರುದೇವ್ ||



ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಶಿಕ್ಷಣ ಬ್ರಹ್ಮ(ರಿ.)

ಶ್ರೀ ಆದಿಚುಂಚನಗಿರಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು

ಕುವೆಂಪು ರಸ್ತೆ, ಚನ್ನರಾಯಪಟ್ಟಣ-573116 :: ಹಾಸನ ಜಿಲ್ಲೆ

ಹಾಸನ ವಿಶ್ವವಿದ್ಯಾಲಯದಿಂದ ಮಾನ್ಯತೆ ಪಡೆದಿದೆ

ನ್ಯಾಕ್ ಸಂಸ್ಥೆಯಿಂದ 'ಬಿ+' ಗ್ರೇಡ್ ಪಡೆದಿದೆ

ವೆಬ್‌ಸೈಟ್: www.safgcrpc.org

ಇ-ಮೇಲ್ ವಿಳಾಸ: safgcrpc@gmail.com



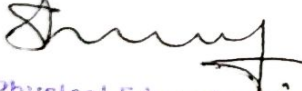
ದಿನಾಂಕ: 20-06-2025


ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಭಾಗ

:: ಸೂಚನೆ ::

ಅಂತರ ರಾಷ್ಟ್ರೀಯ ಯೋಗ ದಿನಾಚರಣೆಯನ್ನು ದಿನಾಂಕ: 21-06-2025 ರಂದು ಬೆಳಿಗ್ಗೆ 07:00 ಗಂಟೆಗೆ ಕುವೆಂಪು ವೇದಿಕೆಯಲ್ಲಿ ಆಚರಿಸಲಾಗುವುದರಿಂದ ಎಲ್ಲಾ ಅಧ್ಯಾಪಕರು, ಅಧ್ಯಾಪಕೇತರು ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳು ಈ ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ತಪ್ಪದೇ ಭಾಗವಹಿಸುವಂತೆ ಈ ಮೂಲಕ ತಿಳಿಸಲಾಗಿದೆ.

The 2025 Theme, "YOGA FOR ONE EARTH, ONE HEALTH"


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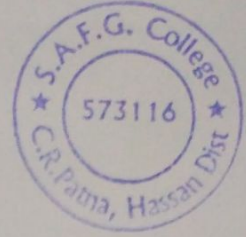



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CHANNARAYAPATNA-573116

Department of Physical Education and Sports

Report of International Day of Yoga – 2025



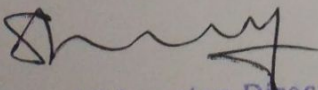
The International Day of Yoga was celebrated on **21st June 2025** with sincere participation and enthusiasm at **Sri Adichunchanagiri First Grade College, Channarayapatna**, specifically at the Kuvempu Vedike. The event witnessed the active participation of **60 members**, including students, teaching, and non-teaching staff.

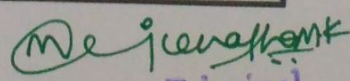
The yoga session began promptly at **7:00 AM** and continued until **9:00 AM**. The program commenced with a **yoga prayer**, followed by **instructions on the conduct of the session**. Participants were guided through various **breathing techniques**, as well as a series of **standing and sitting asanas**. The session concluded with **meditation techniques**, offering a holistic and calming experience to all attendees.

This event served as an excellent opportunity to promote physical and mental well-being among the college community. The collective participation reflected the growing awareness of the benefits of yoga and its role in enhancing health and harmony in day-to-day life.

Overall, the 2025 celebration of International Day of Yoga at SAFG College reinforced the importance of integrating yoga into daily practice and encouraged a healthy lifestyle among students and staff alike.

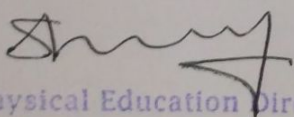


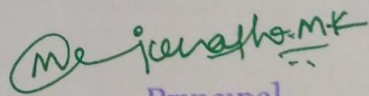

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Yoga Day celebrated on 21st June 2025


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