

## Observance of International Yoga Day – Compliance Report

In the context of the International Yoga Day, the NSS Unit 1 of Government Degree College ALAIR has taken up the following activities.

All the students, teaching and non-teaching staff of the college gathered at the Department of Physics at 11 AM.

Resource Person Sri Shankar garu, Director, Ramakrishna High School, Alair was invited as Chief Guest.

He explained about the significance of yoga in daily life. He demonstrated some yoga aasanas 4 standing aasanas, 4 sitting aasanas and 4 aasanas that are made lying down on the floor.

Later he performed Pranayama related aasanas and explained their importance in maintaining fitness.

After the demonstration and practice by the staff and students, the principal Dr. B. Laxman Naik spoke on the occasion and later felicitated the chief guest with shawl.

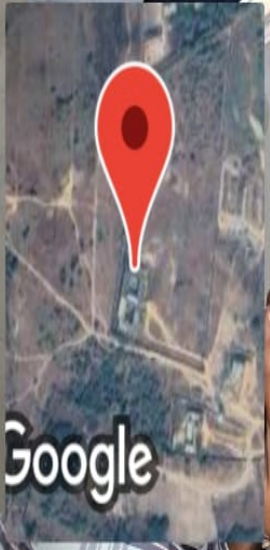
All the teaching and non-teaching staff, took part in the felicitation of chief guest.

After the completion of programme, the staff and students disbursed into their classrooms.

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 **GPS Map Camera**



**Alair, Telangana, India**

J2MQ+JF5, Bahadurpeta road, Alair, Telangana 508101,  
India

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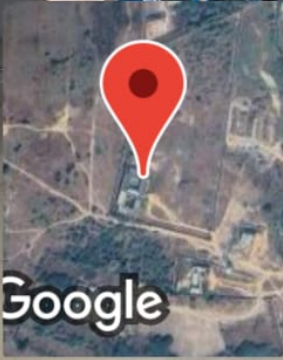
Long 79.038773°

21/06/23 11:27 AM GMT +05:30

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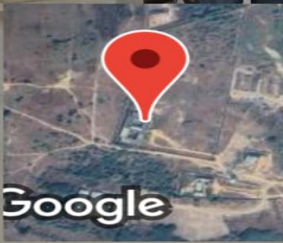
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Lat 17.634158°

Long 79.038867°

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