

S.C.I.M. Government Degree College (A), Tanuku

Department of Telugu & NSS Units

Report on International Yoga Day Celebrations & YogAndhra 2025

Ref: Instructions from the Commissioner of Collegiate Education, Andhra Pradesh –
Mangalagiri

Date: 16th - 21st June 2025

Venue: College Ground & Conference hall



In compliance with the directives of the Commissioner of Collegiate Education, Andhra Pradesh, and as part of the **International Yoga Day Celebrations** under the state-level initiative **YogAndhra 2025**, the **Department of Telugu** and **NSS Units** of **SCIM Government College (A), Tanuku**, have jointly organized a **week-long Yoga Awareness and Practice Programme** from **16th June to 21st June 2025**. The sessions aimed to promote physical and mental wellness among students and staff, reinforcing the importance of yoga in daily life

Schedule of Activities Conducted:

Day 1 – 16th June 2025 (Monday)

- **Activities Conducted:**
 - Warm-up exercises
 - **Bhastrika Pranayama**
 - Guided Meditation session



- **Objective:** To activate the respiratory system and initiate participants into mindful breathing and relaxation techniques.

Description:

The week-long program commenced with light warm-up movements to loosen the joints and prepare the body for deeper yoga practices. This was followed by **Bhastrika Pranayama**, a powerful breathing technique involving forceful inhalation and exhalation.

Importance & Benefits:

- Bhastrika improves oxygen supply to the brain and lungs.
- It strengthens the respiratory system and detoxifies the body.
- Meditation helped students to achieve calmness and focus, which is especially beneficial in managing academic stress.

Day 2 – 17th June 2025 (Tuesday)

Activities:

- **Warm-up Exercises**
- **Standing Asanas** (Tadasana, Vrikshasana, Trikonasana)
- **Three-Stage Pranayama**

Description:

The second day focused on **Standing Asanas**, which promote physical stability, posture correction, and confidence. The **Three-Stage Pranayama** involved deep, rhythmic breathing in three stages—abdominal, thoracic, and clavicular.

Importance & Benefits:

- Standing poses improve balance, focus, and muscle tone.
- Tadasana aids spinal alignment and posture correction.
- Trikonasana stretches the side body, improving flexibility.
- Three-stage pranayama enhances lung capacity and is beneficial for those suffering from asthma or anxiety.



Day 3 – 18th June 2025 (Wednesday)

Activities:

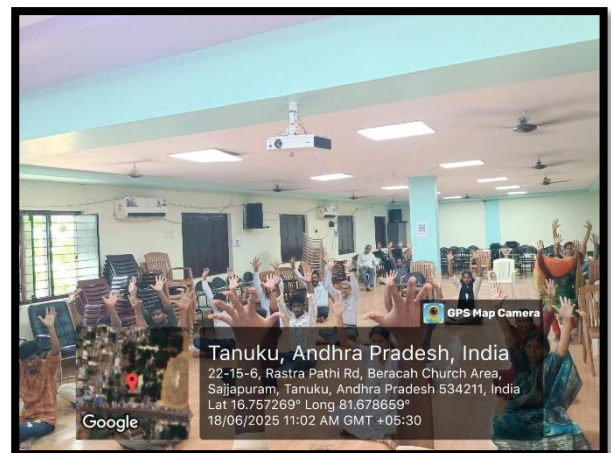
- Warm-up Exercises
- Surya Namaskars (Sun Salutations)
- Meditation

Description:

This day emphasized **Surya Namaskars**, a dynamic series of 12 postures performed in a flow. It was followed by deep meditation.

Importance & Benefits:

- Surya Namaskars provide a full-body workout, enhancing flexibility, circulation, and digestion.
- They are especially useful in managing body weight and improving energy levels.
- The sequence synchronizes breath with movement, making it a form of moving meditation.
- Meditation encouraged mindfulness and stress relief.



Day 4 – 19th June 2025 (Thursday)

Activities:

- Warm-up Exercises
- Sitting Asanas (Padmasana, Vajrasana, Ardha Matsyendrasana)
- Bhramari Pranayama
- Meditation

Description:

On this day, participants engaged in sitting postures that promote grounding and inner stability. **Bhramari Pranayama**, also known as the “bee breath,” involves producing a humming sound while exhaling.

Importance & Benefits:

- Padmasana is ideal for meditation and promotes joint flexibility.
- Vajrasana aids digestion and is the only asana that can be performed after meals.
- Bhramari calms the nervous system and is extremely helpful in reducing anger, anxiety, and insomnia.
- Meditation further deepened the relaxation response.



Day 5 – 20th June 2025 (Friday)

Activities:

- Warm-up Exercises
- Common Yoga Protocol Practice
- Bhastrika Pranayama
- Meditation

Description:

This day was dedicated to following the **Common Yoga Protocol** developed by the Ministry of AYUSH, Government of India. It included a structured sequence of yoga practices followed nationwide. Bhastrika and Meditation were integrated to enhance the mind-body connection.

Importance & Benefits:

- The Yoga Protocol includes balanced asanas, pranayamas, and relaxation techniques to promote overall wellness.
- Regular practice enhances immunity, relieves stress, and improves concentration.
- The integration of pranayama and meditation resulted in deep relaxation and improved emotional health.



Day 6 – 21st June 2025 (Saturday – International Yoga Day)

Activities:

- Common Yoga Protocol
- Bhastrika Pranayama
- Guided Meditation

Description:

On International Yoga Day, all participants came together to observe the **full Yoga Protocol**, with expert guidance and enthusiastic participation. The session included dynamic breathing, static postures, and **guided meditation**, concluding the week-long program.

Importance & Benefits:

- Celebrating Yoga Day together reinforced collective harmony and wellness.
- Guided meditation took participants through visualization and mindfulness, fostering inner peace.
- The session demonstrated how yoga can be integrated into daily life for holistic development.







Conclusion:

This week-long celebration of yoga created a positive and serene environment on the campus. Students and staff actively participated, experiencing the physical, emotional, and spiritual benefits of yoga. The Department of Telugu and NSS Units express gratitude to the Commissionerate of Collegiate Education, AP, for the initiative.