

PITHAPUR RAJAH'S GOVERNMENT COLLEGE(A)

(An Outcome-Based, NAAC accredited Green Autonomous Institution)

KAKINADA



YOGANDHRA 2025

(YOGA FOR ONE EARTH, ONE HEALTH)



DEPARTMENT OF MATHEMATICS

21st JUNE 2025



Yoga, a word which originated from the Sanskrit word “Yuj” which means integration or uniting, comprises of a constantly evolving holistic spectrum of physical and mental methods in order to achieve the highest level of well-being.

On 27 September, 2014, a historical speech given by the Prime Minister of India, Shri Narendra Modi at the United Nations General Assembly (UNGA) brought about a revolution in the global health vision. His words which stressed on the importance of yoga for the mind, body and consciousness shone a much-needed spotlight on this ancient practice, which eventually paved the way for inculcation of the practice of yoga in the contemporary world driven by technology. In just about a couple of months, the United Nations General Assembly comprising of 193 members declared the date of 21st of June as the annual International Day of Yoga. Since then, the International day of Yoga has been celebrated on this date all over the world, with events planned around the theme of Yoga. The reason for our Prime Minister choosing this particular date every year was that 21st June is the day when a celestial event called “Summer solstice’ takes place. Also known as “Midsummer” or “Estival Solstice”, it is the longest day of the year in the northern hemisphere due to the tilt of earth’s poles towards the Sun. According to ancient Indian mythology, Yoga had originated on this day when the first Yoga Guru, Lord Shiva, also known as Adi Yogi, decided to teach this science to seven sages.

Though the origins of Yoga date back to thousands of years ago, it has now been globally recognized as an integrative and holistic approach to health. Yoga and modern medicine are both based on rational principles and have been found to complement each other to offer a complete and holistic model of health. It has been observed and proved that practicing yoga is beneficial not just as a preventive measure but also as a healing tool to combat a vast spectrum of diseases such as diabetes,

hypertension, hormonal imbalances, pain debilitation, metabolic syndrome, and mental health disorders. Yoga therapy is a fast-evolving field which aims to incorporate the application of yoga practices in a targeted manner in order to prevent and combat various pathological states.

The demand for yoga therapy, which is a multi-pronged approach that combines physical and breathing exercises with meditative practices, has increased exponentially over the past few decades. Technology has played an important role in the deliverance and the dissemination of yoga therapy. Telemedicine including videoconferencing and application-based services have further expedited this practice. A number of apps on yoga are freely available for use, which can enable an individual to get started with practicing yoga anytime. During the Covid pandemic, most individuals learnt to use technology to address personalized healthcare models, resulting in the yoga industry growing by leaps and bounds.

In the past few years, there have been consistent efforts by the Government of India to bring Yoga into the mainstream and incorporate it in the lifestyle of all individuals. For instance, in 2015, all the activities related to Yoga were declared as exempt from tax. The Ministry of Youth Affairs and Sports declared Yoga as a sports discipline at a priority category. Additionally, Yoga has been introduced as a compulsory subject in schools by the National Council for Teacher Education (NCTE) so that the benefits of this healthy practice can be inculcated in the young minds. However, the enabling of practice of yoga needs to be as much a responsibility of the individual, as it is for the government.

The IDY observation each year is guided by a theme announced in the run-up to the event. Some of the themes in the past were '**Yoga for Harmony and Peace**' (2015), '**Yoga at Home and Yoga with Family**' (2020), '**Yoga for Wellness**' (2021) and '**Yoga for Vasudhaiva Kutumbakam**' (2023). The theme provides a central focus to the IDY observation each year, and various activities are designed around it.

The theme for IDY 2025 would be '**Yoga for One Earth, One Health**', announced PM Narendra Modi in his 'Mann Ki Baat' address on March 30, 2025. Sharing India's vision for a healthier world population, the PM stated, “The theme of Yoga Day 2025 has been kept as Yoga for One Earth One Health. That is, we wish to make the whole world healthy through Yoga.”

The aim of Yoga:

The main aim of yoga is to create a balance between the body, mind, and spirit for holistic well-being.

Physical Well-being and Health

One of the primary aims of yoga is to foster physical health and well-being. Regular practice of yoga postures (asanas) helps maintain flexibility, improve strength, and enhance overall physical fitness. Through controlled breathing (pranayama), yoga optimizes the functioning of vital organs, regulates blood pressure, and promotes overall health.

Mental Equanimity

Yoga aims to create mental equilibrium, allowing practitioners to achieve mental clarity and calmness. Techniques such as meditation (dhyana) and mindfulness help individuals reduce stress, anxiety, and achieve a state of tranquility. This mental balance leads to better decision-making and emotional stability.

Spiritual Evolution

For many, yoga is a path to spiritual awakening. The practice aims to facilitate a deeper connection with one's inner self and explore the profound dimensions of human consciousness. Through meditation and self-reflection, individuals embark on a spiritual journey to understand their purpose in life and their connection to the universe.

The objective of Yoga:

The objectives of yoga include physical health, emotional balance, mental clarity, ethical behavior, and spiritual growth.

Self-realization

Yoga encourages self-awareness and self-realization. By deepening your understanding of your physical, mental, and spiritual dimensions, you become more in tune with your true self. This knowledge fosters personal growth and self-acceptance.

Inner Peace

One of the fundamental objectives of yoga is to attain inner peace. By learning to detach from external distractions and cultivating mindfulness, practitioners can find inner serenity, even in the midst of life's chaos.

Balance and Harmony

Yoga seeks to bring balance and harmony to life. The practice encourages a harmonious coexistence between the body, mind, and spirit. This balance extends to one's interactions with others and the surrounding environment.

Benefits of yoga

Physical Benefits

1. **Enhanced Flexibility:** Yoga increases flexibility, reducing injury risk.
2. **Improved Strength:** It promotes functional strength and posture.
3. **Enhanced Balance:** Yoga enhances coordination and stability, especially in older adults.
4. **Pain Relief:** It alleviates chronic pain conditions like back pain and arthritis.

Mental Benefits

1. **Stress Reduction:** Yoga lowers stress and promotes relaxation.
2. **Mental Clarity:** It sharpens focus and cognitive function.
3. **Emotional Balance:** Yoga fosters emotional awareness and management.
4. **Improved Sleep:** It aids in relaxation and better sleep.

Spiritual Benefits

1. **Self-Discovery:** Yoga encourages self-understanding and personal growth.
2. **Connection:** Some find spiritual connection through yoga.

General Well-Being

1. **Weight Management:** Yoga aids weight loss and balanced living.
2. **Digestive Health:** It improves digestion and gastrointestinal health.
3. **Immune System Boost:** Yoga strengthens the immune system.
4. **Longevity:** Practitioners report increased vitality and longer lives.

Varieties of Yoga

1. **Hatha Yoga:** Focuses on postures and breathing.
2. **Vinyasa Yoga:** A dynamic flow of postures.
3. **Ashtanga Yoga:** A rigorous, sequenced practice.
4. **Kundalini Yoga:** Combines postures, meditation, and chanting.
5. **Bikram Yoga:** Involves a specific series in a heated room.

As a part of Yogandra-2025, the Yoga program, Yoga Awareness rally, Tree Plantation, SASA Pledge and Clean & Green Programmes was organized by Physical Education Department. On this occasion, the students and faculty members of the mathematics department are participated in various

Yoga programs under the chairmanship of the principal sir, Sadguru Sachitananda Yogi attended the event and taught the students on breath and memory asanas.

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Academic year: 2025-2026

Yogandhra: 2025

16 June 2025

As per the Government orders and the instructions of the college principal sir, all second and Final year Mathematics Major students must be able to participate in the programs organized as part of "Yogandhra 2025".

Programs schedule

1. 17 June 2025 to 19 June 2025 :-

~~Mr~~ Sadguru Sachitananda Yogi - Yoga program

2. 20 June 2025

Yoga Awareness Rally

3. 21 June 2025

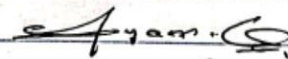
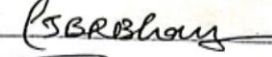
Mass yoga session -

Tree plantation

SASA pledge

 16/06/25
Signature of the H.O.D.

Signature of staff:

1. III Mathematics Major - 
2. II Mathematics Major - 
3. III Stat Mind - 
4. II Maths Major, II PS major - 
5. II Chem Mind - 

DEPARTMENT ACTIVITY REGISTER

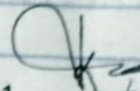
Academic year: 2025-2026

211

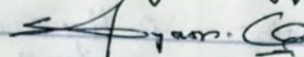
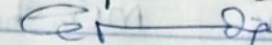
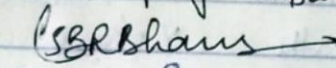
Yogandhra - 2025

16 June 2025.

As per the Government orders and the college principal's instructions, students and faculty members of the mathematics department have participated in "Sadguru Sachitananda Yogi" yoga program, Yoga Awareness Rally etc as a part of Yogandhra 2025.


Signature of the H.O.D.

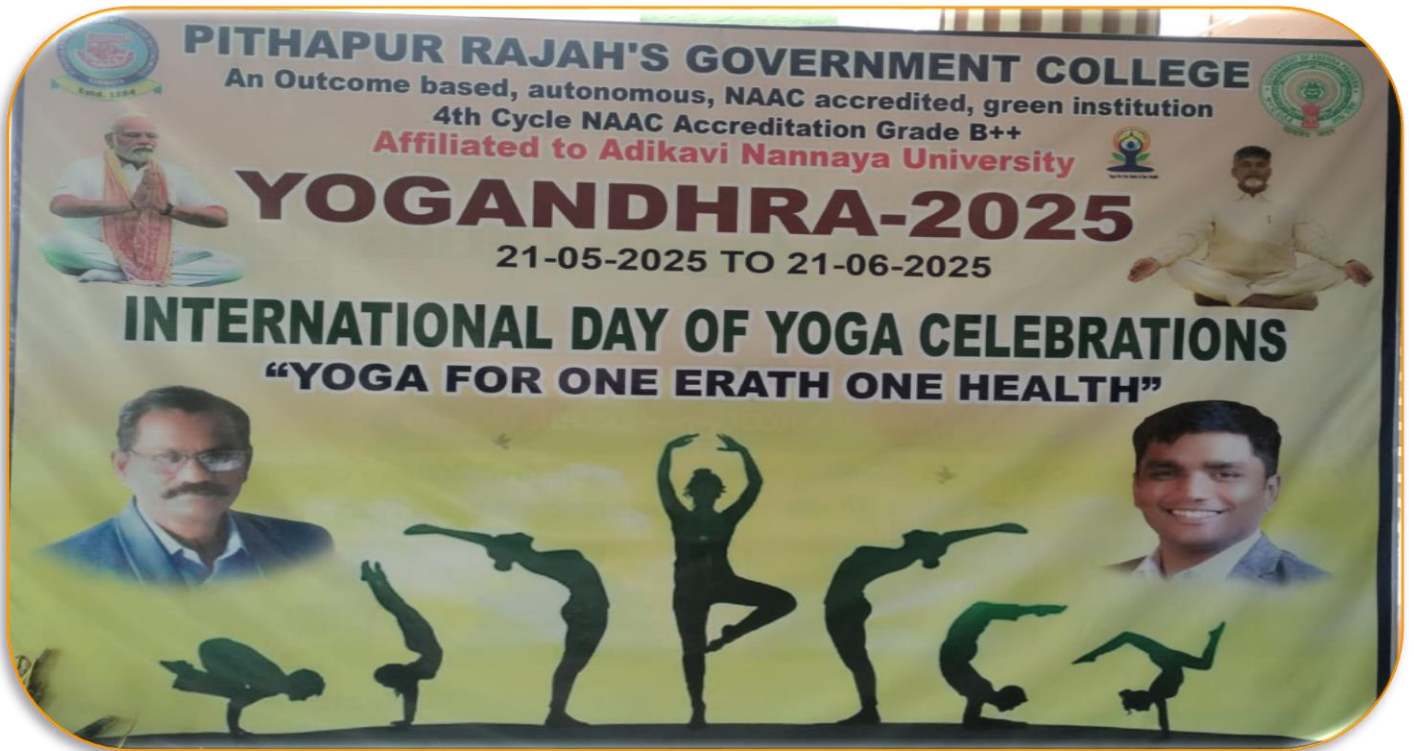
Signatures of staff

1. 
2. 
3. K.S.I. Priyadarsini
4. 
5. K.S. 

S.No	Name of the student	class	Signature
1.	E. V. V. Lakshmi adinarav	III rd BSC maths	E. V. V. Lakshmi adinarav
2.	E. V. S. Tejaswini	III rd BSC. Maths	E. V. S. Tejaswini
3.	K. Sumarchana	III rd BSC maths	K. Sumarchana
4.	M. Umadevi	III rd BSC Maths	M. Umadevi
5.	B. Veeralakshmi	III rd BSC Maths	B. Veeralakshmi
6.	G. Suseela Devi.	III rd BSC Maths	G. S. Devi.
7.	G. Rani	III rd BSC Maths	G. Rani.
8.	A. Lohitha	III BSC Maths	A. Lohitha
9.	P. Harsha	III BSC Maths	P. Harsha
10.	CH. Rajasri	III BSC Maths	CH. Rajasri
11.	Sk. Reshma	III BSC maths	Sk. Reshma
12.	P. Hyma Siji Bharathi	III BSC maths	P. Hyma Siji
13.	M.D. Shahed	III BSC maths	M.D. Shahed
14.	P. Teja Satyan	III BSC Maths	P. Teja Satyan
15.	Y. Vinayak	III BSC Maths	Y. Vinayak
16.	M. Pavan Kumar	III BSC Maths	M. Pavan Kumar
17.	K. Venkata Lakshmi	III BSC Maths	K. Venkata Lakshmi
18.	B. Renuka	III BSC Maths	B. Renuka
19.	A. Veerasatya	III BSC Maths	A. V. Satya
20.	S. Baby	III BSC Maths	S. Baby
21.	M. Chandini Devi	III BSC Maths	M. Chandini Devi
22.	Y. Revathi	III BSC Maths	Y. Revathi
23.	G. Mahalakshmi	III BSC Maths	G. Mahalakshmi
24.	S. Lavalakshmi	III BSC Maths	S. Lavalakshmi
25.	K. Padmarathi	III BSC Maths	K. Padmarathi
26.	P. Anu	III BSC Maths	P. Anu
27.	Y. Divya	III BSC Maths	Y. Divya
28.	K. Greeta	III BSC Maths	K. Greeta
29.	S. Maha Lakshmi devi	III BSC Maths	S. Devi
30.	U. Renuka Sri	III BSC Maths	U. Renuka Sri
1	D. Neelima Mahalakshmi	III BSC Maths	D. Neelima Mahalakshmi

S.No	Name of the student	class	Signature
32.	K. Sri durga rajeswari	II B.Sc maths	K. S. D. rajeswari
33.	P. Hari Surya Devi	II nd BSc maths	P. H. S. Devi
34.	R. Malleswari	II nd Bsc (Maths)	R. Malleswari
35.	M. Manikanteswari	"	M. Manikanteswari
36.	T. Bhavyasri	"	T. Bhavyasri
37.	K. Mahesh Kumar	II nd Bsc (maths)	K. Mahesh Kumar
38.	K. Jay Kumar	"	K. Jay Kumar
39.	T. V. Satyanarayana	"	T. V. Satyanarayana
40.	Y. Teja	"	Y. Teja
41.	K. Swarna	"	K. Swarna
42.	G. Narayana	"	G. Narayana
43.	A. AYYAPPA REDDY	"	A. AYYAPPA REDDY
44.	G. Veeramani	"	G. Veeramani
45.	P. Ramya Sree	" "	P. Ramya Sree.
46.	P. Pushpalakshmi	"	P. P. L. Devi
47.	Y. Sujitha	"	Y. Sujitha
48.	G. Anusha	"	G. Anusha
49.	Y. Sindhuja	"	Y. Sindhuja
50.	G. Sri Sandhya	"	G. Sri Sandhya
51.	P. Moulika Anantha Lakshmi	"	P. Moulika Anantha Lakshmi
52.	P. Mercy Joy	"	P. Mercy Joy

PHOTO GALLERY



Sadguru Sachidananda Yogi Programme (16-6-2025 & 17-6-2025)



(Dt: 18-6-2025)



(Dt: 19-6-2025)





(Dt: 20-6-2025)



PITHAPUR RAJAH'S GOVERNMENT COLLEGE
 An Outcome based, autonomous, NAAC accredited, green institution
 4th Cycle NAAC Accreditation Grade B++
 Affiliated to Adikavi Nannaya University



YOGANDHRA-2025
 21-05-2025 TO 21-06-2025

YOGA AWARENESS RALLY

INTERNATIONAL DAY OF YOGA CELEBRATIONS
 "YOGA FOR ONE EARTH ONE HEALTH"



(Dt: 21-6-2025))

International Yoga Day

Mass Yoga Session



Tree Plantation



Principal Sir Felicitates Sadguru Sachidananda Yogi



CONCLUSION

The International Day of Yoga 2025 is not just a one-day observance—it reflects India’s enduring commitment to holistic health, environmental harmony, and global well-being. With “Yoga for One Earth, One Health” as its guiding principle, India continues to lead the world in connecting physical fitness with mindful living. International Yoga Day is a testament to yoga’s enduring appeal and its capacity to bring people together in pursuit of health, peace, and well-being. As we celebrate this day, we are reminded of the power of unity and the importance of harmony between the mind, body, and spirit. Whether you are a seasoned yogi or new to the practice, International Yoga Day offers an opportunity to explore the depths of yoga and its benefits.

As we look forward to future celebrations, let’s embrace the practice of yoga not just on International Yoga Day but as a way of life.

విద్యార్థి దశలోనే యోగా శిక్షణ తప్పనిసరి చేయాలి

కాకినాడ కార్పొరేషన్, ఆంధ్రప్రభ : విద్యార్థి దశ నుండే యోగాను పాఠ్యాంశంగా చేర్చితే మంచి ఫలితాలు ఉంటాయి. అందుకు తగ్గట్టుగా చట్టాన్ని రూపొందించాలనిపిఆర్ కాలేజ్ పూర్వపు విద్యార్థుల సంఘం గౌరవ అధ్యక్షులు బాబిరెడ్డి, ప్రొఫెసర్ బి చక్రవర్తి, ప్రిన్సిపాల్ డాక్టర్ కందుల ఆంజనేయులు అన్నారు. శుక్రవారం కాకినాడ పి ఆర్ కాలేజ్ వ్యాయామం ఉపాధ్యాయుల ఆధ్వర్యంలో ప్రపంచ యోగా దినోత్సవ పురస్కరించుకుని ర్యాలీ నిర్వహించారు. పిఆర్ కాలేజ్ నుండి జిల్లా కలెక్టరేట్ వరకు ఈ ర్యాలీ కొనసాగింది. ఈ సందర్భంగా వారు మాట్లాడుతూ ఈ నెల 21 తేదీన ప్రపంచ యోగా దినోత్సవం పురస్కరించుకుని కాకినాడ పీఆర్ కాలేజీలో యోగా దినోత్సవం నిర్వహించడం జరుగుతుందన్నారు. ప్రతి ఒక్కరూ యోగా చేయాలని వారు సూచించారు. ఈ కార్యక్రమంలో ఫిజికల్ డైరెక్టర్స్



వర్య, రమణ దుగ్గారావు, రిటైర్డ్ పిడి కృష్ణమూర్తి, కల్చరల్ కోఆర్డినేటర్ ఎం. వెంకటేశ్వరరావు తదితరులు పాల్గొన్నారు.

Thank
you

