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**GOVT. DEGREE COLLEGE  
AVANIGADDA-521121. KRISHNA DT. (A.P).  
NAAC - B**



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www.gdcavanigadda.ac.in

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<https://docs.google.com/forms/d/1TMY8h2SVZSHNiU8hs73tHx0X11A2sZtQp9-1jIYsn0U/edit>

## History of yoga

In the hierarchy of *Vedic* knowledge, there are four *Vedas* - *Rigveda*, *Samveda*, *Yajurveda* and *Atharvaveda*. These are followed by four *Upavedas* or sub-*Vedas* – *Ayurveda*, *Arthaveda*, *Dhanurveda*, and *Gandharvaveda*. Further down the line are six *upangas* or components – *Shiksha*, *Kalpa*, *Vyakarana*, *Nirukta*, *Chandas*, and *Jyotisha*. These are further classified into six sub-components – *Nyaya*, *Vaisesika*, *Sankhya*, *Mimansa*, *Vedanta*, and *Yoga*.

The earliest recorded mention of the word 'yoga' is in the ancient Indian text, the *Rig Veda* - this body of knowledge dates back to around 1500 BC! In the *Atharva Veda*, again (dating to 1200-1000 BC), there is a mention of the importance of the control of breath. It is difficult to pinpoint exact dates because in the beginning, the *Vedas* were, only, orally passed on from one generation to another. Written records came much later.

However, even before this, in the Indus-Saraswati civilization (dating to 2700 BC), several seals and fossils have been found, with figures performing *Yoga Sadhana*.

This suggests that *yoga* was known and practiced even in those early stages of civilization

## IMPORTANCE OF YOGA

1. Yoga improves flexibility
2. Yoga helps with stress relief
3. Yoga improves mental health
4. Yoga may reduce inflammation
5. Yoga will likely increase your strength
6. Yoga may reduce anxiety
7. Yoga may improve quality of life
8. Yoga may boost immunity
9. Yoga can improve balance
10. Yoga may improve cardiovascular functioning
11. Yoga may help improve sleep
12. Yoga may improve self-esteem
13. Yoga may improve bone health
14. Yoga can promote better posture and body awareness
15. Yoga can improve brain functioning
16. Yoga can help with burnout

## YOGA DAY

PM Modi, during his speech at the UNGA, said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and

creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day."

### Previous themes of International Yoga Day

2015: Yoga for Harmony and Peace

2016: Yoga for the achievement of the Sustainable Development Goals

2017: Yoga for Health

2018: Yoga for Peace

2019: Yoga for Heart

2020: Yoga at Home and Yoga with Family

2021: Yoga For Wellness

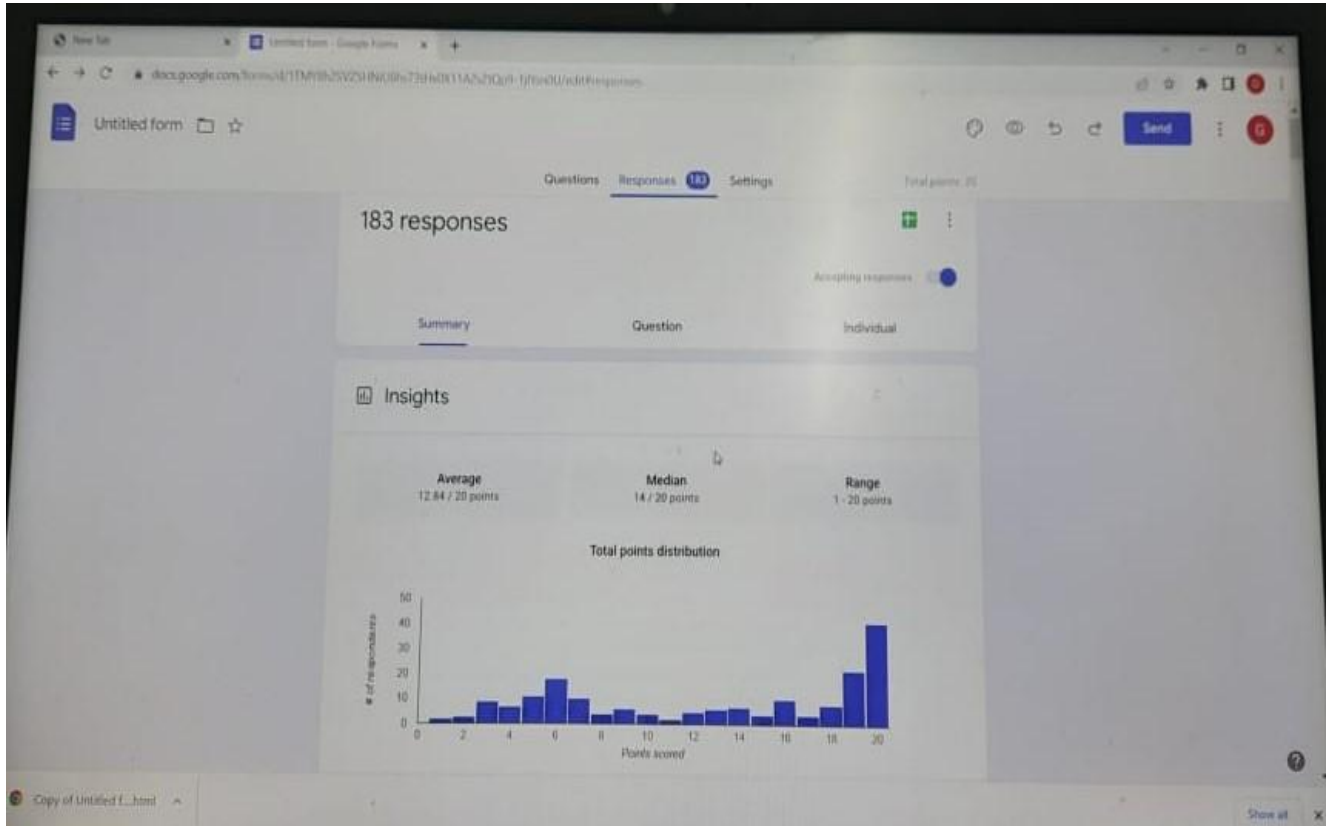
2022: Yoga for Humanity

## COMMUNITY AWARENESS PROGRAMME ON YOGA organised by NSS & DEPARTMENT OF ECONOMICS





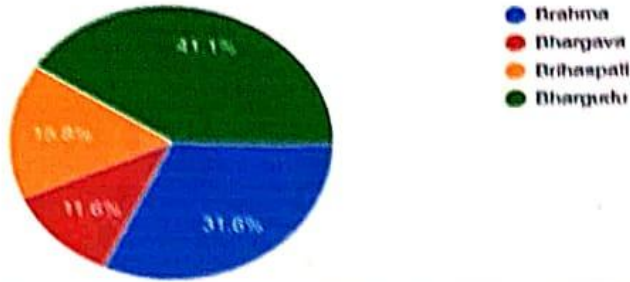
# E QUIZ ON YOGA -WE GOT 183RESPONSE



2. Who is known as the father of Yoga / first yogi ?

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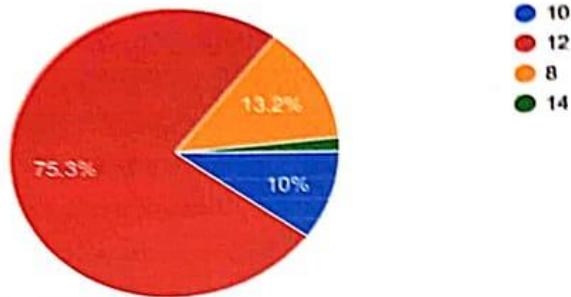
100 responses



3. How many steps are there in sun salutation?

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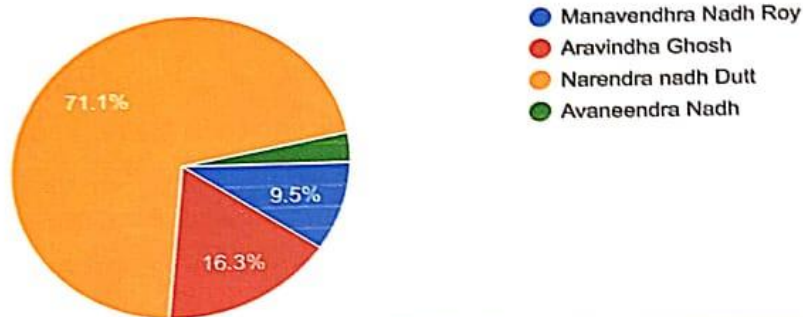
100 responses



4. Who had introduced yoga first time to the western world in a world religious conference?

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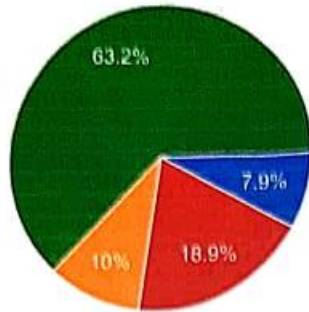
190 responses







5. According to which Upanishad, the human body has five koshas as per yogic system ?

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190 responses

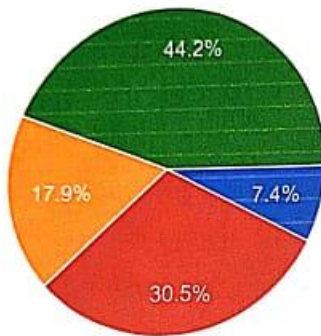


-  Easavasa Upanishat
-  Chandiyoga upanishad
-  Manduka upanishad
-  Tittariya Upanishad

6. Who has advocated arya Astanga Marga?

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190 responses

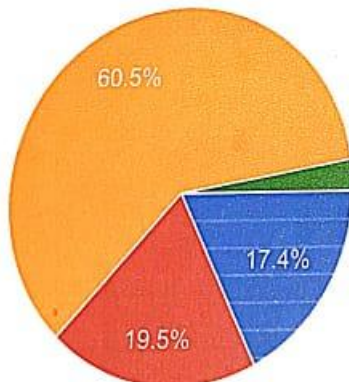


-  Kapila
-  Gowtama
-  Patanjali
-  Siddartha

The purpose of yoga as taught by the ancients is to attain ?

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1 responses



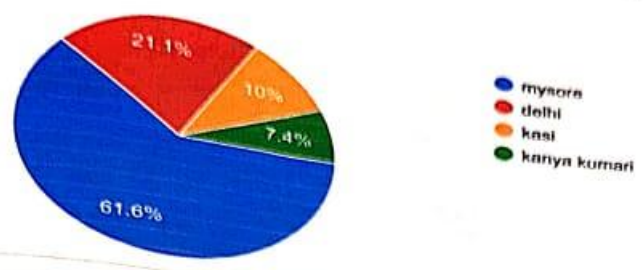
-  Health
-  Peace of mind
-  Self Realisation
-  Stress relief

11:43 PM

11 Where is the 8th international yoga day celebrations going to be held in India

100 responses

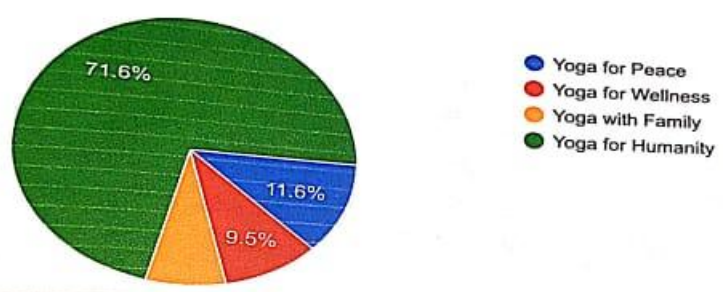
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12 What is the theme of the yoga day 2022

190 responses

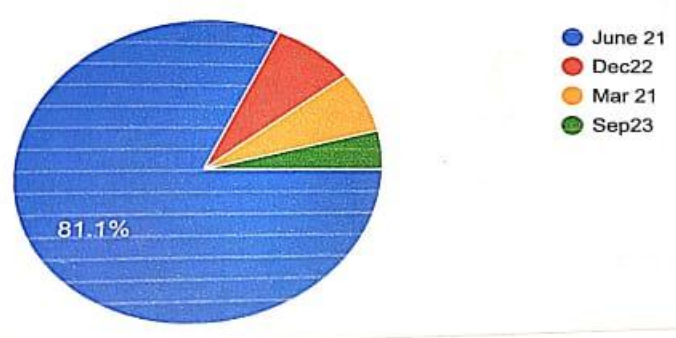
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13 The longest day in the northern Hemo sphere is

responses

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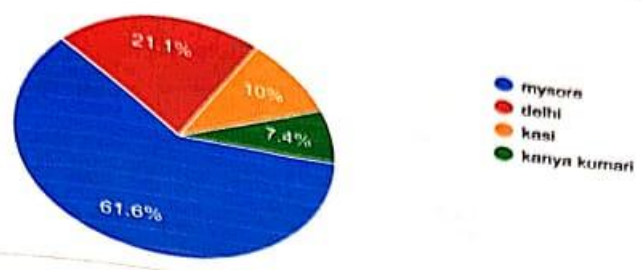


11:43 PM

11 Where is the 8th international yoga day celebrations going to be held in India

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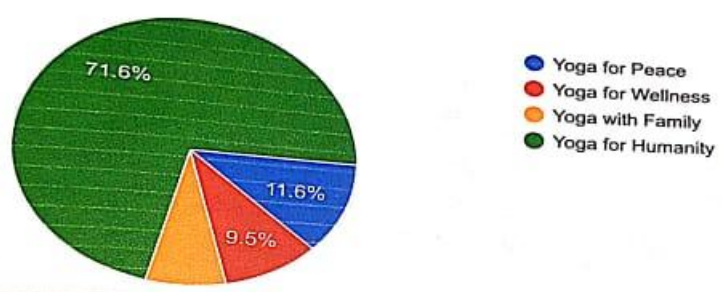
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12 What is the theme of the yoga day 2022

190 responses

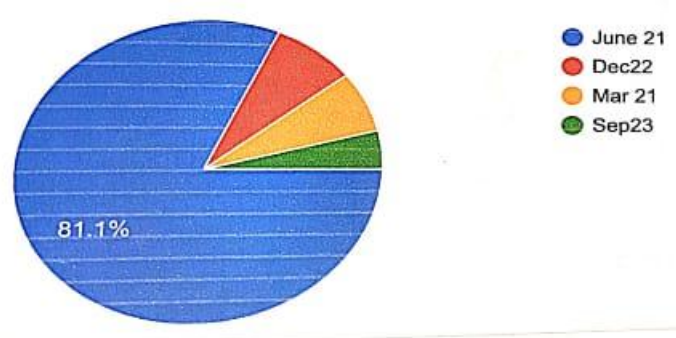
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13 The longest day in the northern Hemo sphere is

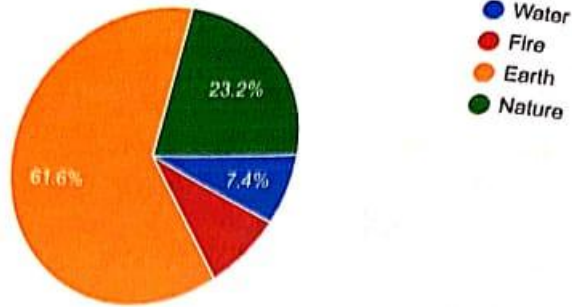
responses

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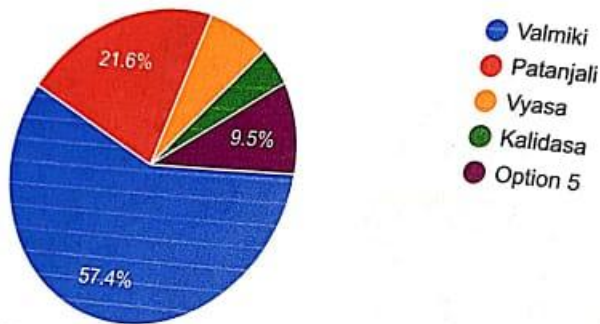
14. Brown leaves in yoga day 2022 logo is indicated

190 responses



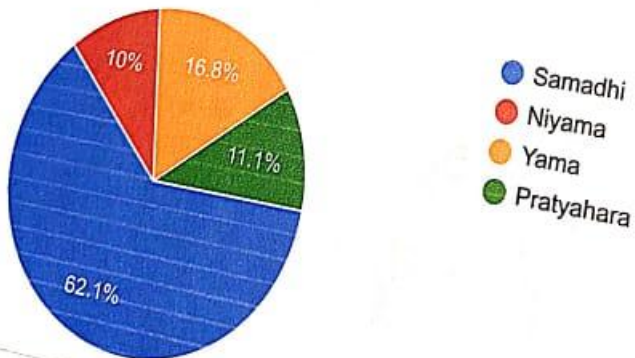
15. Who wrote the book Yoga vasistem

190 responses

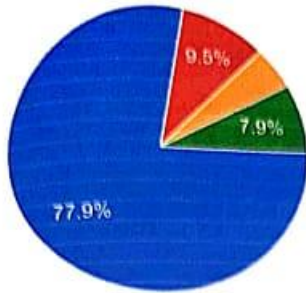


16. There are eight stages of training for a yogi .what is the final stage

190 responses



Who compiled 'yoga sutra'

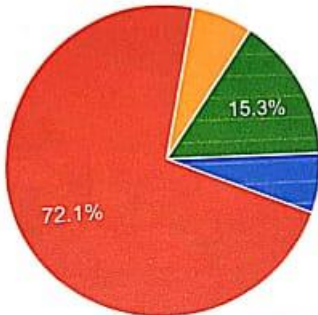


- Patanjali
- Dhanvantari
- Charaka
- Gowtama

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18. The celebrations of yoga day in India is done by which ministry

190 responses

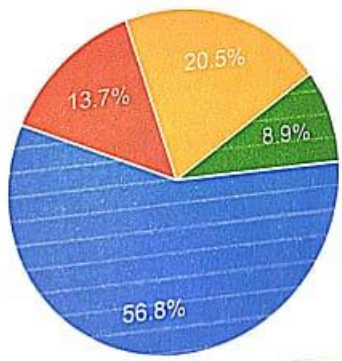


- Ministry of Home Affairs
- Ministry of AYUSH
- Ministry of Human resource
- Ministry of Health

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19. who is not belonged to Acharya trayas

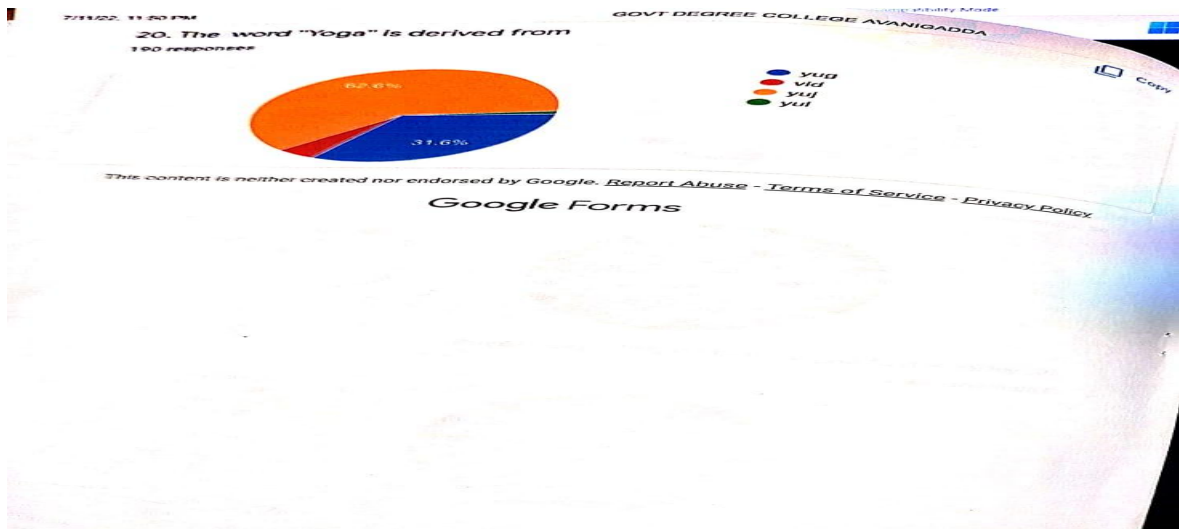
90 responses



- Narada
- Shankara
- Ramanuja
- Madhva

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*D. [Signature]*  
Principal  
GOVT. DEGREE COLLEGE  
AVANIGADDA, Krishna Dt. 521144



CASH PRIZE 100rs TO IIBA STUDENT CHUTURU SUNNY






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అవనిగడ్డలోని ప్రభుత్వ డిగ్రీ కళాశాలలో ఎనిమిదవ అంతర్జాతీయ యోగా దినోత్సవము ఎన్. సి. సి, ఎన్. యస్. యస్ ఆధ్వర్యములో మంగళవారం ఘనంగా జరిగింది. ఎన్. సి. సి వాలంటీర్ల బృందం వివిధ యోగాసనాలు ప్రదర్శించారు. యన్. యస్. యస్ వలంటీర్ల బృందం స్థానికులలో యోగా పట్ల అవగాహన కల్పించారు. అలాగే యన్. యస్. యస్ ఆధ్వర్యములో యోగాపై నిర్వహించిన జాతీయ స్థాయి ఈ- క్వీజ్ లో వివిధ రాష్ట్రాల విద్యార్థులు, అధ్యాపకులు, ఇతరులు పాల్గొన్నారు. ప్రిన్సిపాల్ డా. డి. ఉమారాణి తెలిపారు. ఈ కార్యక్రమంలో ఎన్. యస్. యస్ సమన్వయకర్త వీరకుమారి, యన్. సిసి విభాగాదిపతి నాగరాజు, రాజనీతి శాస్త్ర అధ్యాపకులు రవితేజ, కళాశాల అధ్యాపకులు, విద్యార్థులు పాల్గొన్నారు.


**A.R. Prasad** ✓  
 21 జూన్

 1050 వీక్షించారు

# Govt Degree College Avanigadda National Service Scheme

permission letter for the principal to conduct Yoga Day

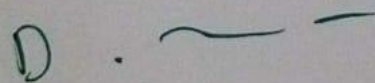
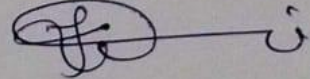
24/06/2022

Dear Principal,

I am writing to request permission to conduct Yoga Day in our college. This event will promote the physical and mental health of students through yoga practice. We believe it will be a valuable learning experience for all students.

Thank you for considering our request.

Yours Sincerely,



**Principal**  
**GOVT. DEGREE COLLEGE**  
**AVANIGADDA, Krishna Dt. 521121.**

21 June 22

Online quiz will be conducted on the occasion of the international yoga day on dt. 21.6.22. So all the students must be participated in this yoga quiz through online. later we send the link through your group. And also community awareness programme also will be conducted on yoga importance by the volunteers.

- I BA ✓
- II BA ✓
- III BA ✓

N.S.S. Programme Officer  
 Govt Degree College  
 ANANTGADDA

- I Bcom ✓
- II Bcom ✓
- III Bcom ✓

- |         |   |   |      |   |
|---------|---|---|------|---|
| I BSC   | 9 | ✓ | comp | ✓ |
| II BSC  | 9 | ✓ | comp | ✓ |
| III BSC | 9 | ✓ | comp | ✓ |

- I BSC Aqua } B
- II BSC Aqua } ✓

21/06/22

World yoga day was celebrated  
on 21/06/22.



YOGA DAY

M. Hemla Naik	B.A M.	Hemla Naik
N. Gurus Prasad		N. Gurus Prasad
V. Aravind		V. Aravind
V. Revathi	B.Com	Abga Revathi
A. Pavankumar		A. Pavankumar
G. Sowjanya		G. Sowjanya
B. Jyothi		B. Jyothi
K. Snehalatha		K. Snehalatha
J. Teja		J. Teja
K. Sailaja		K. Sailaja
K. Meenakshi		K. Meenakshi
Ch. Pallavi		Ch. Pallavi
J. Jes Paul		J. Jes Paul
Himamali		Himamali
D. Nishi		D. Nishi
R. Vijay		R. Vijay
M. Syam		M. Syam
P. Vaswanthi		P. Vaswanthi

<del>K. Smily</del>	<del>I. B.com (com)</del>	<del>K. Smily</del>
G. Sathi	I B.com (P)	G. Sathi
Ch. Suma	II B.A (gen)	Ch. Suma
A. Anithi	" "	A. Anithi
Ch. Valli	III B.com	Ch. Valli
S. Karishma	II B.com	S. Karishma
K. Sai Jaja	III B.A	Sai
J. Jhansi prashmi	I B.com	J. Jhansi lakshmi
V. Supriya	1st BSC	V. Supriya
K. meenakshi	III B.A	meenakshi
J.L. TEJA	"	J.L. Teja
K. hareshwatha	1st B.com	hareshwatha
Sr. Bhavani	1st B.com (gen)	Bhavani
K. Lakshmi	" com	K. lakshmi
A. Jhansi	1st BA	A. Jhansi
Ch. prasanthi	1st B.A	prasanthi
T. priyanka	1st BSC	priyanka
T. Harini	2nd BSC (com)	Harini
V. TEJASWINI	2nd BSC (com)	Teja
K. Lakshmi	1st BSC (gen)	Lakshmi
Ch. kishu poiya	III B.A	kishu
B. srivalli	III B.A	Srivalli
B. Hemalatha	II B.com (gen)	Hemalatha
A. Yamini	I B.com	Yamini
M. Sravani	I B.com	Sravani
A. Annu	II B.A	Annu
K. phani	II B.A	phani
B. Jyothi	II B.A	Jyothi
D. soni	III B.A	P. Soni
D. saranya	III B.A (com)	Saranya

SK. Thaslim	I B.A	SK. Thaslim
B. Ganga	I B.A	B. Ganga
m. Harshu	I B.COM	M. Harshu
K. Hemasri	I B.A	K. Hemasri
ch. Bhavani	I B.A	ch. Bhavani
N. shanishi	II B.COM	N. shanishi
B. Sowjanya	I BSC	B. Sowjanya
Gr. Hema	II B.COM	Gr. Hema
K. Dhana Lakshmi	II B.COM (CO)	K. D. Lakshmi
D. Harathi	II B.COM (COMP)	D. Harathi
Gr. Jaswanthi	II BSC	Jaswanthi
D. Nishi	II BSC	D. Nishi
K. Priyanka	II BSC (MPCS)	K. Priyanka
B. mani	II BSC	B. mani
P. Sowjanya	II BSC	P. Sowjanya
P. Ganga Bhavani	II B.A	P. G. Khanna
B. Jyothi	II BSC	Jyothi
ch. praveena	II B.A	Ch. Praveena
T. Sridhathri	II	T. Sridhathri
K. Sravani	II	K. Sravani
I. Samyuktha	II	Samyuktha
B. Pravalika	III BA	Pravalika
K. Apurupa	III B.A	Apurupa
K. Sravani	III B.A	K. Sravani
Jaswanthi		Jaswanthi
Hepsiba		Hepsiba
Bhargav Dhatte		Bhargav
Guru Prasad		Guru Prasad
Gopi		Gopi
Subramanyam		Subramanyam

Sowjanya  
 Pallavi  
 Mahalakshmi  
 Susmithe  
 Bharathi  
 Lavanya  
 Thiveni  
 T. Hemant Kumar  
 N. Guruprasad  
 Sambasiva Rao  
 Jes Paul  
 Bhavanarayana  
 Timothy  
 Mounika  
 Sony  
 Edukondalu  
 Sateesh  
 Nitya Bharu  
 Nitya Krishna  
 Priyanka  
 Lavanya  
 Shalpa  
 Priya Dharshini  
 J. Amari

Sowjanya  
 Pallavi  
 Mahalakshmi  
 Susmithe  
 Bharathi  
 Lavanya  
 Thiveni  
 T. Hemant  
 Jes Paul  
 Timothy  
 Mounika  
 Sony  
 Edukondalu  
 Sateesh  
 Nitya Bharu  
 Nitya Krishna  
 Priyanka  
 Lavanya  
 Shalpa  
 K. Priyadarsini  
 M. Amari



D. ———  
 PRINCIPAL  
 GOVT. DEGREE COLLEGE,  
 AVANIHATTA, Krishna Dist.