



ST. ANN'S COLLEGE FOR WOMEN

(Affiliated to Acharya Nagarjuna University,

Recognized Under Section 2(f) of UGC Act 1956-New Delhi)

Amravati Road, Gorantla, Guntur – 522034 (A.P)

Email: st_anns_coll@yahoo.co.in

Website: www.stannscollegeforwomen.org

NATIONAL CADET CORPS

CIRCULAR

Date: 19-06-2022.

All the NCC Cadets are hereby informed that the 10(A) Girls Battalion NCC Unit is plan to conduct **International Yoga Day** in Vignan's Nirula (Palakaluru) on 21-06-2022. So we heartly welcome you to this programme and make it a grand success.



Principal

PRINCIPAL

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INTERNATIONAL YOGA DAY BY 10(A) GIRLS BATTALION NCC, GUNTUR.

Name of the Activity : International Day of Yoga
Date : 21-06-2022
Organizer : Lt. K. Susmitha
No of Participants : 30

Description:

Yoga Day International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

Today, on 21st June 2022, St. Ann's College For Women celebrated 8th International Yoga Day. The event began with a brief introduction on Yoga Day by our Principal Rev. Dr. Sr. Fatima Rani .P .And our instructor For the day is Mrs. N. Kavya who made us practice yoga and asanas. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech of our hon'ble Principal She encouraged students to practice regular yoga to remain fit and improve concentration.

All Faculties, Staff and children were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. International Yoga Day celebrations ended with a huge success with a vote of thanks by Mrs. Aparna, Lecturer in English department.

Objectives:

- To inculcate the benefits of practicing YOGA in the students.
- To create an awareness on the importance of staying fit and healthy by practicing YOGA.

Outcomes:

- Created awareness among the students about yoga and importance of yoga and also balances emotional stability to meet modern life challenges successfully.



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Students are Participated International Day of Yoga



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List of the Cadets participated in International Yoga Day

Name of the Activity : International Day of Yoga

Date : 21-06-2022

Organizer : Lt. K. Susmitha

No of Participants : 30

S. No	Name of the Cadet	Program	Signature of the Cadet
1	Yakkateela Akanksha	B.Com(Res)	Y. Akanksha
2	Medikonda Holy Grace	B.Com(Res)	Holy Grace
3	Shaik Nazma	B.Com(Res)	Sk. Nazma
4	Rasaputhra Bharathi Bai	BSC(MPCS)	R. Bharathi Bai
5	Mupparaju Leela Bhavani	BSC (MBC)	M. Leela Bhavani
6	Shaik Dayana	BSC (MPCS)	Dayana
7	Chimata Lakshmi Narayanamma	BSC (MPCS)	C. lakshmi Narayanamma
8	Sani Kavya Sri	BSC (MPCS)	S. Kavya Sri
9	Bulla Divya	BSC (BBC)	B. Divya
10	Indurthi Navya	BSC (MPCS)	I. Navya
11	Battula Anusha	B.Com(Res)	B. Anusha
12	Banavathu Sowjanya Bai	BSC (MBC)	B. Sowjanya Bai
13	Golamari Chandana	BCA	G. chandana
14	Vasa Anitha	BSC (MPCS)	V. Anitha
15	Veernapu Manisha	BSC (MSCS)	V. Manisha
16	Arthimalla Naga Sri Lakshmi	BSC (MPCS)	A. Naga Sri. Lakshmi
17	Nandha Sravani	B.Com	N. Sravani
18	Shaik Rahamtunnisa	BSC (MPC)	Sk. Rahamtunnisa
19	Kondepatti Lekhana	BSC (BBC)	K. lekha
20	Kamatam Rama Devi	BSC (MPCS)	K. Rama Devi
21	Kuchupudi Mary Gold	BSC(MSCS)	K. Mary Gold
22	Billa Vasavi	BSC(MPCS)	B. Vasavi
23	Tadigiri Keerthi	BSC(MSCS)	T. Keerthi
24	Chilaka Sowmya	BSC(MSCS)	ch. Sowmya



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25	Kothuri Yamuna	BCA	K. Yamuna
26	Jellelamudi Naga Malleswari	BSC(MPCS)	J. Naga Malleswari
27	Kaladurgi Bhavana	MBBT	K. Bhavana
28	Gonuguntla Sravani	BCA	G. Sravani
29	Kondaveeti Amulya	BSC(MPCS)	K. Amulya
30	Eda Harika	BSC(MPCS)	Harika



D. L. M.

PRINCIPAL

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