



An ISO Certified Institution

NAAC B<sup>+</sup> Grade in Second Cycle

## **S.K.B.R. GOVERNMENT DEGREE COLLEGE**

(Affiliated to Acharya Nagarjuna University, Guntur)

Macherla, Palnadu District - 522 426



### **YOGANDHRA – INTERNATIONAL DAY OF YOGA (IDY) – 2026**

#### **PHOTOGRAPH DOCUMENTATION REPORT**

*As part of Yogandhra and the International Day of Yoga (IDY) – 2026 celebrations, SKBR Government Degree College, Macherla organized Yoga awareness and practice sessions for students, teaching staff, and non-teaching staff. The programme aimed at promoting physical fitness, mental well-being, stress management, and a healthy lifestyle through regular Yoga practice.*



*Students, faculty members, and non-teaching staff assembled at the venue and registered their participation in the Yogandhra programme organized by the college*

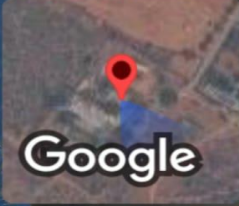



*The Principal inaugurated the programme and addressed the participants on the importance of Yoga in maintaining physical and mental health.*





GPS Map Camera



Guntur, Andhra Pradesh, India   
Fc9f+2wx Sri S.k.b.r Govt College, Guntur, Andhra Pradesh 522426, India  
Lat 16.467791° Long 79.425118°  
Friday, 19/06/2026 12:33 PM GMT +05:30



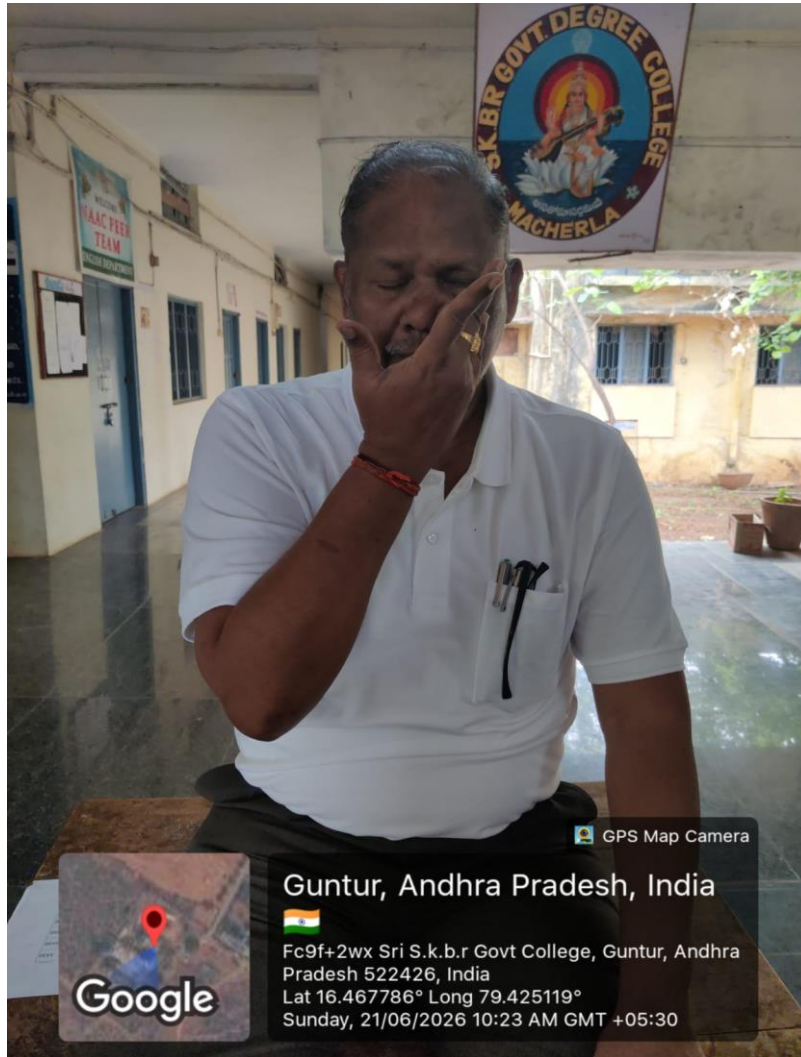




*Participants performed various Yoga Asanas as per the Common Yoga Protocol under the guidance of instructors and faculty coordinators.*



*A group photograph was taken with students, faculty members, and non-teaching staff who participated in the Yogandhra / IDY-2026 programme.*



### **PRINCIPAL'S MESSAGE**

*It gives me immense pleasure to convey my greetings on the occasion of Yogandhra and the International Day of Yoga (IDY) – 2026.*

*Yoga is an invaluable gift of India to the world. It promotes physical fitness, mental well-being, emotional balance, and spiritual growth. In today's fast-paced world, Yoga serves as an effective tool for maintaining a healthy lifestyle and managing stress.*

*As part of Yogandhra and the International Day of Yoga celebrations, SKBR Government Degree College, Macherla has organized various Yoga awareness and practice sessions to encourage students and staff to adopt Yoga as a regular habit. These activities aim to create awareness about the importance of holistic health and well-being.*

*I appreciate the enthusiastic participation of students, teaching staff, and non-teaching staff in making this programme a success. I encourage everyone to continue practicing Yoga regularly and to spread the message of health, harmony, and wellness in society.*

*Let us all work together towards building a healthier and happier future through Yoga.*