

INTERNATIONAL YOGA DAY 21.06.2025
HELD AT SIDDHARHA ACADEMY OF HIGHER EDUCATION

(Deemed to be university)

University Vice chancellor, p.venkateswararao garu, pro vice Av.Ratnaprasad garu, Registrar Ravi Chand garu, Dean Academics Venkatarao Garu, Tdigadapa municipal commissioner, Hod of the chemistry Srinivas Rao garu, Assistant professor of yoga Dr.J.Ramalingeswara Rao. Doing practice of yogasanalu

VICE CHANCELOER SIR SAID TO International Yoga Day, held annually on June 21 since 2015, has established a global movement towards holistic health, boosting awareness of physical and mental well-being. It has fostered international unity, set records for participation, and promoted yoga as a non-pharmacological, preventative approach to health and lifestyle disorder

INTERNATIONAL DAY OF
YOGA
OF

Yoga for One Earth - One Health

21st June, 2025

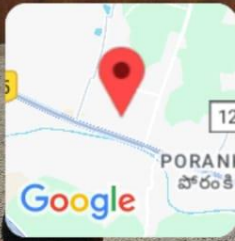
48 Years of Excellence as an Institution

SIDDHARTHA
ACADEMY OF HIGHER EDUCATION
An Institution **DEEMED TO BE UNIVERSITY**
(Under Section 3 of UGC Act, 1956)
(Sponsored by Siddhartha Academy of General & Technical Education), Vijayawada, A.P.









Geo-Tagging Camera

2025/06/21 11:14

Vijayawada, Andhra Pradesh, India
FMMV+M96, TCR Colony, KCP Colony, Poranki, Vijayawada, Andhra Pradesh 520007, India
Lat 16.484159 Long 80.693383



Pro vice chancellor Dr. AV. Ratnaprasad Garu. Registrar, Dr.Ravichand, Dean of Academics, Venkata Rao Garu Professor physics Hod, Dr.Narendra Kumar, Professor Dr Srinivasa Prasad garu, Assistant professor Dr.venkatarao garu, Assistant professor yoga ,Dr.J Ramalingeswar Rao Garu

Pro vice chancellor Dr.AV.Ratnaprasad garu, Ratha Saptami, or Surya Jayanti, marks the birth of Lord Surya and signifies the Sun's transition toward the northern hemisphere (Uttarayan). It serves as a symbolic marker for the onset of spring and the harvest season, often celebrated with ritual baths, special prayers, and the offering of milk-boiled rice









INTRAMURAL COMPETITION

YOGASANA

23-03-2026 (Monday)

1 Pranamasana
2 Hasta Utanasana
3 Padahasthasana
4 Ashwa Sanchalanasana
5 Parvatasana
6 AshManga Namaskara
7 Bhujangasana
8 Paryatasana
9 Ashwa Sanchalanasana
10 Padahasthasana
11 Hasta Utanasana
12 Pranamasana

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Vice chancellor Dr.P.venkateswararao Garu,pro vice chancellor Ratnaprasad Garu,Registrar Dr.Ravichand garu, Dean of admissions Dr.Swamy Garu,Dean of Academics VenkataRao Garu.

Vice chancellor P.VenkateswaraRao Garu.These events promote discipline, skill refinement, and community connection, Intramural events emphasizing technical skill and overall wellness









