



KOIL BELLS

SVB GOVT. DEGREE COLLEGE

KOILKUNTLA, NANDYALA Dist., Andhra Pradesh

Reaccredited with NAAC B++ Grade

June 2026- NEWS LETTER



**Be the change
you want
to see
in the world**

-Mahatma Gandhi

SVB Govt. Degree College

Koilkuntla, Nandyala Dist., Andhra Pradesh

Reaccredited with NAAC B+ + Grade

June 2026

Newsletter

Editorial Board:

Chief Editor: Dr. M.Venugopal

Editor: Dr.H.Ramasubba Reddy

Contents:

- **Principal's message**
- **Yogandhra - 2026**
- **International Yoga day**
- **Swarna Andhra Swachh Andhra**
- **Admission Campaign**
- **Felicitation to retired Staff**

Sri. E.V.Bhaskara Reddy, Lecturer in English

Sri. P.Venkateswarlu, Typist

Principal's Message

Dear Colleagues, Students, Parents, Alumni and well-wishers,
Warm greetings to you all.

It is a matter of immense pleasure for every one of us at SVB Government Degree College, Koilkuntla that we are bringing out the issue of our College News Letter for the month of June- 2026.

It is true that an educational institution cannot be an island unto itself. It has to find ways to connect itself to the society it intends to serve. We, the new team of faculty at the College, strongly feel that this News Letter would act as a bridge between the outside society and the Institution. We believe that the sound of the “Koil Bells” would be heard far and wide.

This News Letter covers a wide spectrum of Curricular, co-curricular and Extra-curricular activities carried out by the various departments of the College in the month of June- 2026. I whole heartedly congratulate the editorial board for their sincere efforts in chronicling these events. I hope it would be appreciated by one and all.

With regards

Dr. M. Venugopal

About the College

S.V.B. Govt. Degree College, Koilkuntla is in the vicinity of historically well-known Renadu area in Kurnool district in Rayalaseema of Andhra Pradesh. S.V.B. Govt. Degree College was established at Koilkuntla under the aegis of Late Sri Pendekanti Venkata Subbaiah, former Governor of Bihar and Karnataka, in 1981. The main objective was to develop this area educationally. About 85% of students hail from socially disadvantaged communities with low-income levels. Conventional and restructured courses are offered in this college. The introduction of all courses is giving a greater opportunity for students of this educationally backward area. The CPDC (College Planning and Development Council) and Alumni are a great source of strength to this college. S.V.B. Govt. Degree College moulds the students as responsible citizens and strives to impart employable skills to them. The college has gone for accreditation by NAAC, Bangalore and got B+ Grade in 2007. It went for reaccreditation in 2015 (Second Cycle) and secured B++ Grade. Again It went for reaccreditation in 2025 (Third Cycle) and secured B Grade.

Vision & Mission

To empower students of first-generation families from marginalized sections with 21st century requirements of the society through quality education

Yogandhra – 2026

Date: 15.06.2026

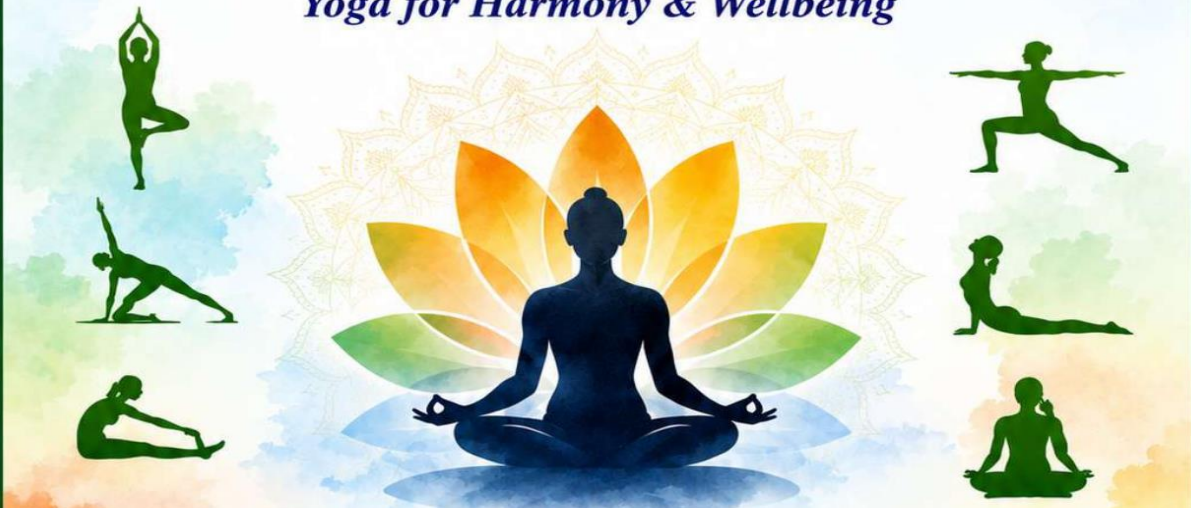
Organised by: NSS



REPORT OF

YOGANDHRA-2026

Yoga for Harmony & Wellbeing



*"A healthy body, a calm mind, a peaceful heart –
through Yoga, we unite."*

ORGANISED BY

S.V.B. GOVERNMENT DEGREE COLLEGE
KOILKUNTLA
Nandyal District, Andhra Pradesh – 518134



Let's Practice Yoga, Let's Live Better

Prior Preparations for Conduct of YOGANDHRA-2026

Programme: YOGANDHRA-2026 (Week-long Yoga Programme)

Duration: 15-06-2026 to 21-06-2026

Venue: Seminar Hall, S.V.B. Government Degree College, Koilkuntla

Organized by: NSS Unit, S.V.B. Government Degree College, Koilkuntla

Guidance: Dr. M. Venugopal, Principal

Programme Officer: Dr. H. Ramasubba Reddy, NSS Programme Officer

Yoga Instructors: Dr. B. Narendranatha Reddy, Lecturer in Mathematics & Smt. P. Annapurna, Lecturer in Chemistry

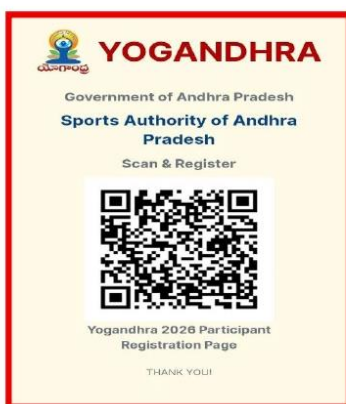
Report on Pre-Programme Preparations

In view of the YOGANDHRA-2026 campaign launched by the Government of Andhra Pradesh in connection with the International Day of Yoga-2026, S.V.B. Government Degree College, Koilkuntla made comprehensive preparations well in advance to ensure the successful conduct of the week-long yoga programme from 15th June to 21st June 2026.

The Principal, Dr. M. Venugopal, convened a meeting with all teaching and non-teaching staff to discuss the objectives of the programme and emphasized the importance of encouraging students to adopt yoga as a healthy lifestyle practice. Responsibilities were assigned to faculty members for registration, publicity, hall arrangements, discipline, attendance, photography, refreshments, and coordination of daily yoga sessions.

Registration of Staff and Students

As per the directions of the Government of Andhra Pradesh and the Sports Authority of Andhra Pradesh, all faculty members and students were instructed to register online for YOGANDHRA-2026 using the official registration portal by scanning the QR code provided by the organizers.



The QR code was displayed prominently on the college notice boards, classrooms, staff room, Seminar Hall and shared through college WhatsApp groups to facilitate easy registration. Faculty members guided students during the online registration process using mobile phones and computers.

The registration drive received an encouraging response. Teaching staff, non-teaching staff and students completed their registrations successfully, and registration confirmations were collected and maintained for institutional records. The uploaded registration records include successful registrations of the Principal, faculty members and coordinators, demonstrating active institutional participation.

Awareness and Publicity

To create awareness regarding the importance of yoga, the NSS Unit conducted an extensive publicity campaign within the campus. The following activities were undertaken:

Display of YOGANDHRA-2026 posters and banners at prominent locations.

Circulation of registration links and QR codes through WhatsApp groups.

Classroom announcements encouraging maximum student participation.

Faculty members motivated students by explaining the physical, mental and emotional benefits of regular yoga practice.

Daily reminders were issued to ensure punctual attendance throughout the seven-day programme.

Preparation of Seminar Hall

The Seminar Hall was selected as the venue for conducting the yoga sessions because of its spacious and well-ventilated environment. Necessary arrangements were completed before the commencement of the programme.

The preparations included:

Thorough cleaning and sanitization of the Seminar Hall.

Cleaning of surrounding corridors and entrance.

Arrangement of yoga mats for participants.

Proper seating arrangement for instructors and guests.

Installation of a public address (PA) system for clear instructions.

Arrangement of drinking water facilities.

Ensuring uninterrupted electricity supply with functioning fans and lighting.

Placement of first-aid materials for emergency use.

Preparation of attendance registers for daily participant recording.

Display of motivational yoga quotations and programme banners.

Arrangement of photography and videography for documentation.

Preparation of certificates and programme records.

Coordination Committee

The Principal constituted an informal coordination team to supervise the smooth execution of the programme. The committee monitored:

Daily attendance of participants.

Registration status.

Maintenance of discipline.

Preparation of yoga materials.

Hall management.

Documentation and photography.

Coordination with yoga instructors.

Student Mobilization

NSS Volunteers played an active role in mobilizing students by visiting classrooms and encouraging regular participation. Volunteers also assisted participants during registration, distributed yoga mats, maintained discipline and ensured that the Seminar Hall was ready before each session.

Yoga Practice Schedule

A detailed schedule for the seven-day programme was prepared in consultation with the yoga instructors. The daily programme included:

Prayer

Warm-up exercises

Stretching exercises

Surya Namaskara

Yoga Asanas

Pranayama

Meditation

Relaxation techniques

Health awareness talks

Question and interaction session

The schedule gradually increased the level of practice from basic warm-up exercises to advanced asanas and breathing techniques over the course of the week.

Documentation

Necessary documentation was prepared before the programme commenced, including:

Daily attendance registers.

Participant registration records.

Photographic documentation.

Daily activity reports.

Programme completion report.

Compilation of registration confirmations and certificates for institutional records. The registration evidence collected from faculty participants forms part of this documentation.

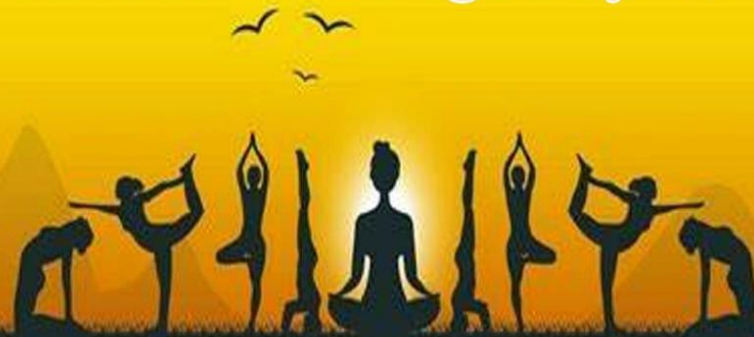
Conclusion

The meticulous planning and systematic preparations undertaken by S.V.B. Government Degree College, Koilkuntla, under the visionary guidance of Dr. M. Venugopal, Principal, and the dedicated coordination of Dr. H. Ramasubba Reddy, NSS Programme Officer, ensured that YOGANDHRA-2026 commenced smoothly and successfully. The enthusiastic response from teaching staff, non-teaching staff and students, together with the successful completion of online registrations and well-organized Seminar Hall arrangements, laid a strong foundation for the effective conduct of the week-long yoga programme, culminating in the celebration of International Day of Yoga on 21st June 2026.





International Yoga Day - 2026



S.V.B. GOVERNMENT DEGREE COLLEGE
Koilkuntla, Nandyal district



S V B Government Degree College, Koilkuntla

(Affiliated to Rayalaseema University, Kurnool, A.P.)

Accredited by NAAC with "B" Grade



YOGANDHRA- 2026 (15-06-2026)

YOGANDHRA-2026

First Day Report (15-06-2026)

Venue: Seminar Hall, S.V.B. Government Degree College, Koilkuntla, Nandyal District, Andhra Pradesh

Date: 15 June 2026

Organized by: NSS Unit, S.V.B. Government Degree College, Koilkuntla

Guidance: Dr. M. Venugopal, Principal

Supervision: Dr. H. Ramasubba Reddy, NSS Programme Officer

Yoga Instructors: 1. Dr. B. Narendranatha Reddy, Lecturer in Mathematics

2. Smt. P. Annapurna, Lecturer in Chemistry

As part of the State-wide “Yogandhra–2026” initiative and in connection with the celebrations leading up to International Yoga Day (21 June 2026), the first day of the Yoga programme was successfully conducted on 15 June 2026 at S.V.B. Government Degree College, Koilkuntla. The programme was organized under the guidance of the esteemed Principal Dr. M. Venugopal and supervised by Dr. H. Ramasubba Reddy, NSS Programme Officer. The yoga sessions were conducted by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, and Smt. P. Annapurna, Lecturer in Chemistry. The programme schedule and activities for the first day are documented in the Yogandhra–2026 programme record.

The inaugural session witnessed enthusiastic participation from 40 members, including 20 students, along with teaching and non-teaching staff members of the college. The programme commenced with an introduction to the importance of yoga in maintaining physical fitness, mental well-being, emotional balance, and stress management. Participants were informed about the objectives of Yogandhra–2026 and the significance of practicing yoga regularly as part of a healthy lifestyle.

The first day's activities focused primarily on warm-up exercises and meditation practices. Under the expert guidance of the yoga instructors, participants

performed a series of gentle stretching and warm-up exercises aimed at improving flexibility, enhancing blood circulation, and preparing the body for advanced yoga practices in the coming days. Various movements involving the neck, shoulders, arms, waist, and legs were demonstrated and practiced systematically. The instructors emphasized the importance of proper posture, breathing techniques, and body coordination during each exercise.

Following the warm-up session, participants engaged in a meditation programme designed to improve concentration, mental clarity, and inner peace. The instructors guided the participants through breathing awareness and relaxation techniques, encouraging them to focus on mindfulness and stress reduction. The meditation session created a calm and positive atmosphere, enabling participants to experience mental relaxation and rejuvenation.

Addressing the gathering, the Principal Dr. M. Venugopal appreciated the enthusiastic participation of staff and students and emphasized the role of yoga in promoting a healthy and disciplined life. He encouraged all participants to attend the entire Yogandhra programme and make yoga a regular practice. NSS Programme Officer Dr. H. Ramasubba Reddy highlighted the importance of physical fitness and mental wellness among youth and motivated students to actively participate in all the sessions scheduled up to International Yoga Day.

The first day concluded successfully with active involvement from all participants. The programme created awareness about the benefits of yoga and set a positive foundation for the upcoming sessions. The participants expressed their interest and commitment to continue attending the programme throughout the week.

The Yogandhra-2026 programme will continue from 16 June 2026 to 21 June 2026, culminating in the celebration of International Yoga Day with various yoga practices, awareness activities, and demonstrations. The successful conduct of the first day marked a significant beginning towards promoting health, harmony, and holistic well-being among the college community.





S V B Government Degree College, Koilkuntla

(Affiliated to Rayalaseema University, Kurnool, A.P.)

Accredited by NAAC with "B" Grade



YOGANDHRA- 2026 (16-06-2026)

YOGANDHRA – 2026

Second Day Report (16-06-2026)

Participation: 50 Members (20 Students and 30 Teaching & Non-Teaching Staff)

Venue: Seminar Hall, S.V.B. Government Degree College, Koilkuntla

Date: 16-06-2026

The second day of the Yogandhra–2026 programme was successfully conducted on 16 June 2026 at S.V.B. Government Degree College, Koilkuntla, under the esteemed guidance of Dr. M. Venugopal, Principal, and under the supervision of Dr. H. Ramasubba Reddy, NSS Programme Officer. The programme is being organized as part of the week-long Yoga celebrations leading up to International Yoga Day (21 June 2026).

The yoga session was led by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, and Smt. P. Annapurna, Lecturer in Chemistry, who served as Yoga Instructors for the programme. A total of 50 participants, including 20 students and 30 teaching and non-teaching staff members, actively participated in the session with great enthusiasm and dedication.

The programme commenced in the morning with a brief introduction highlighting the importance of yoga in maintaining physical fitness, mental stability, and emotional well-being. Participants were encouraged to make yoga a regular part of their daily routine for achieving a healthy and balanced lifestyle.

On the second day, the instructors guided the participants through a series of warm-up exercises designed to improve flexibility, coordination, and body balance. These exercises helped participants prepare their bodies for the subsequent yoga practices and enhanced blood circulation and muscle relaxation.

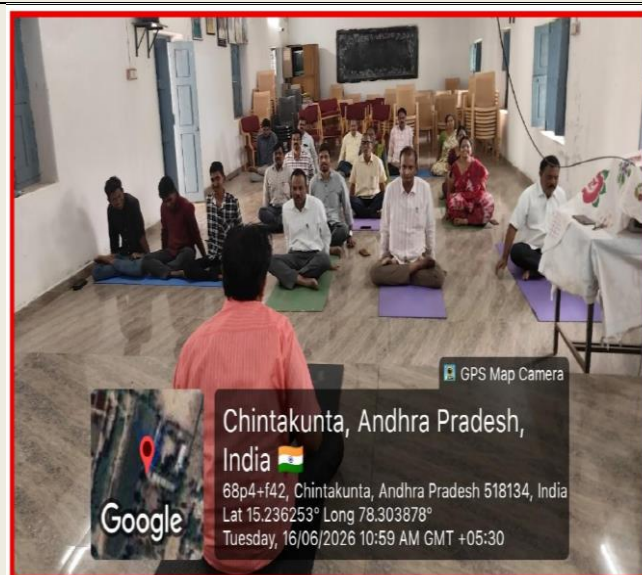
Following the warm-up session, various Yogasanas were demonstrated and practiced. The instructors explained the correct postures, breathing techniques, and health benefits associated with each asana. Participants actively performed the asanas under expert supervision and were encouraged to maintain proper posture and concentration throughout the session.

The yoga practices focused on improving physical strength, flexibility, concentration, and overall wellness. The instructors emphasized the significance of synchronizing body movements with breathing patterns to achieve maximum benefits. The participants responded positively and performed the exercises with discipline and sincerity.

Dr. M. Venugopal, Principal, appreciated the active participation of students, teaching staff, and non-teaching staff and stressed the importance of yoga in promoting a healthy and stress-free life. He encouraged everyone to continue practicing yoga regularly and to participate actively in the remaining sessions of Yogandhra-2026.

Dr. H. Ramasubba Reddy, NSS Programme Officer, coordinated the programme efficiently and motivated participants to cultivate healthy habits through yoga and meditation. He emphasized that regular yoga practice contributes significantly to physical fitness, mental peace, and overall personality development.

The second day programme concluded successfully with positive feedback from the participants. The session enhanced awareness about the benefits of yoga and reinforced the importance of adopting a healthy lifestyle. The Yogandhra-2026 programme will continue until 21 June 2026, culminating in the celebration of International Yoga Day with various yoga-related activities and demonstrations.



International Yoga Day - 2026



S.V.B. GOVERNMENT DEGREE COLLEGE
Koilkuntla, Nandyal district



S V B Government Degree College, Koilkuntla

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YOGANDHRA-2026 (17-06-2026)

YOGANDHRA-2026

Third Day Report (17-06-2026)

The third day of the “Yogandhra-2026” programme was successfully conducted on 17 June 2026 in the Seminar Hall of S.V.B. Government Degree College, Koilkuntla. The programme is being organized as part of the state-wide Yoga awareness initiative leading up to International Yoga Day (21 June 2026). The event was conducted under the guidance of the esteemed Principal Dr. M. Venugopal and under the supervision of Dr. H. Ramasubba Reddy, NSS Programme Officer. The yoga sessions were led by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, and Smt. P. Annapurna, Lecturer in Chemistry, who served as Yoga Instructors.

A total of 65 participants, including 45 students and 20 teaching and non-teaching staff members, actively participated in the programme. The third-day session commenced with warm-up exercises aimed at improving flexibility, coordination, and physical preparedness for yoga practice.

The instructors guided the participants through Surya Namaskara (Sun Salutation), emphasizing proper posture, breathing techniques, and synchronization of body movements. Participants enthusiastically performed multiple rounds of Surya Namaskara, which helped improve strength, flexibility, stamina, and mental concentration.

Surya Namaskar consists of 12 yoga poses performed in a flowing sequence, synchronized with breath, to energize the body and calm the mind.

Step-by-Step

Pranamasana (Prayer Pose)

Stand tall with feet together, palms joined in front of the chest in Namaste. Close your eyes, breathe normally, and center your focus, preparing your body and mind for the sequence.

Hastauttanasana (Raised Arms Pose)

Inhale and lift your arms overhead, stretching backward slightly while keeping biceps close to the ears. Lengthen the body from heels to fingertips.

Hasta Padasana (Hand to Foot Pose)

Exhale and bend forward from the hips, keeping the spine long. Place your hands beside your feet on the floor, allowing a gentle stretch in the hamstrings.

Ashwa Sanchalanasana (Equestrian Pose / Low Lunge)

Inhale, step your right leg back, placing the knee on the floor. Keep the left knee bent over the ankle, hands on either side of the front foot, and gaze forward.

Parvatasana (Mountain Pose / Downward Dog)

Exhale, step the left leg back to join the right, lifting hips high to form an inverted “V” shape. Keep arms and legs straight, head between arms, heels aiming toward the floor.

Ashtanga Namaskar (Eight-Limbed Pose)

Lower your knees, chest, and chin to the floor while keeping hips slightly raised. Eight points of the body touch the ground: feet, knees, chest, hands, and chin.

Bhujangasana (Cobra Pose)

Inhale, slide forward, lift the chest, and arch the back while keeping elbows slightly bent. Shoulders are relaxed, and gaze is upward.

Parvatasana (Mountain Pose / Downward Dog)

Exhale, lift hips again into the inverted “V” shape, similar to Step 5, stretching the spine and legs.

Ashwa Sanchalanasana (Equestrian Pose / Low Lunge)

Inhale, step the right leg forward between the hands, left knee on the floor, and gaze forward

Hasta Padasana (Hand to Foot Pose)

Exhale, bring the left leg forward, folding the body over the legs, hands beside the feet, spine long.

Hastauttanasana (Raised Arms Pose)

Inhale, sweep arms up and back, gently arching the spine, stretching from heels to fingertips.

Pranamasana (Prayer Pose)

Exhale, return to the starting position with palms joined in front of the chest, standing tall and relaxed.

In addition to Surya Namaskara, participants practiced a series of standing and stretching yoga postures designed to enhance balance, muscular endurance, and body alignment. Special attention was given to maintaining correct posture and controlled breathing throughout the session. The instructors explained the health benefits of each practice and encouraged participants to incorporate yoga into their daily routine for holistic well-being.

The programme concluded with a guided meditation session that enabled participants to experience mental relaxation, inner calmness, and stress reduction. The meditation practice helped improve concentration and emotional stability, reinforcing the importance of yoga for overall wellness.

The active involvement of students, teaching staff, and non-teaching staff reflected the growing enthusiasm for yoga and healthy living within the college community. The organizers informed the participants that the Yogandhra-2026 programme will continue up to 21 June 2026, culminating in the celebration of International Yoga Day with various yoga activities and awareness programmes.

The third day of Yogandhra-2026 was highly successful and contributed significantly to promoting physical fitness, mental well-being, discipline, and a healthy lifestyle among all participants.



FOR A HEALTHY MIND AND BODY

BENEFITS OF YOGA



Improves concentration



Reduces stress and anxiety



Enhances lung capacity



Promotes inner peace



Boosts overall health

MESSAGE

Yoga brings **Joy, Health, and Balance** to life.

Through regular practice, we strengthen our body, calm our mind, and create harmony within ourselves.

Let us embrace yoga for a healthier, happier, and more balanced future.

THEME

Yoga for One Earth, One Health

PRACTICE DAILY



YOGA ASANAS



DEEP BREATHING



SUN SALUTATION



MEDITATION



HEALTHY LIFESTYLE



S V B Government Degree College, Koilkuntla

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YOGANDHRA-2026 (18-06-2026)

SVB GOVERNMENT DEGREE COLLEGE

KOILKUNTLA

FOR A HEALTHY MIND AND BODY

BENEFITS OF YOGA

- Improves concentration
- Reduces stress and anxiety
- Enhances lung capacity
- Promotes inner peace
- Boosts overall health

MESSAGE

Yoga brings **Joy, Health, and Balance** to life.

Through regular practice, we strengthen our body, calm our mind, and create harmony within ourselves.

Let us embrace yoga for a healthier, happier, and more balanced future.

PRACTICE DAILY

- YOGA ASANAS
- DEEP BREATHING
- SUN SALUTATION
- MEDITATION
- HEALTHY LIFESTYLE

THEME

Yoga for One Earth, One Health



DATE:
18.06.2026



3 DAYS
TO GO!

SLOGAN

*Choose Yoga, Choose Joy,
Health & Balance.*



BE HEALTHY



BE HAPPY



BE BALANCED



DO YOGA, STAY FIT

YOGANDHRA-2026
Fourth Day Report (18-06-2026)

Venue: Seminar Hall, S.V.B. Government Degree College, Koilkuntla

Date: 18 June 2026

Programme: Yogandhra-2026

Theme: Yoga for One Earth, One Health

The fourth day of the Yogandhra-2026 programme was successfully conducted on 18 June 2026 in the Seminar Hall of S.V.B. Government Degree College, Koilkuntla. The programme was organized under the esteemed guidance of Dr. M. Venugopal, Principal, and supervised by Dr. H. Ramasubba Reddy, NSS Programme Officer. The yoga sessions were expertly conducted by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, and Smt. P. Annapurna, Lecturer in Chemistry.

A total of 60 participants, including 45 students and 15 teaching and non-teaching staff members, actively participated in the yoga session. The programme is being conducted as part of the state-wide Yogandhra-2026 campaign and will continue until 21 June 2026, coinciding with the celebration of International Yoga Day.

The fourth-day session commenced with warm-up exercises and stretching activities to improve flexibility, enhance blood circulation, and prepare participants for yoga practice. The instructors emphasized the importance of regular yoga practice in maintaining physical fitness, mental balance, and emotional well-being.

Participants performed a series of yoga asanas under the guidance of the instructors. The major asanas practiced during the session included:

Tadasana (Mountain Pose)

Ardha Chakrasana (Half Wheel Pose)

Padahasthasana (Hand-to-Foot Pose)

Trikonasana (Triangle Pose)

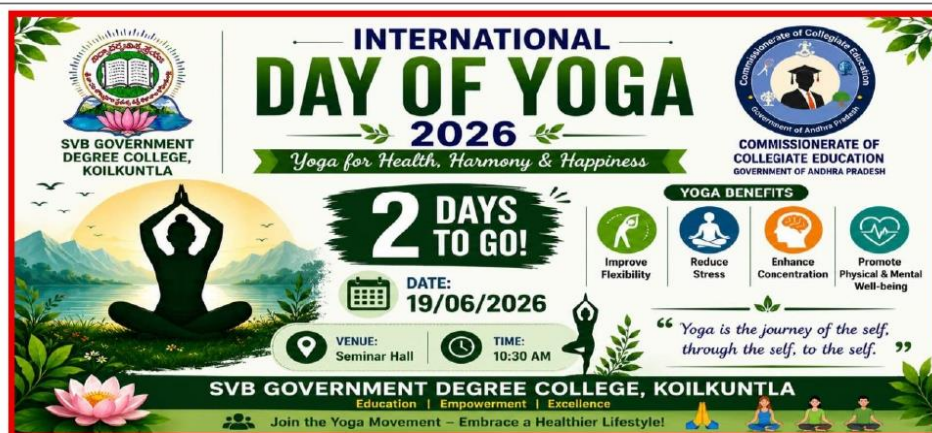
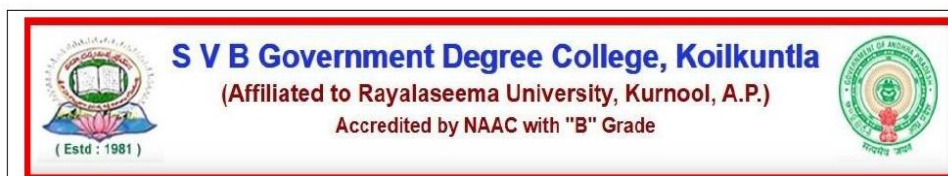
Vajrasana (Thunderbolt Pose)
Ustrasana (Camel Pose)
Shashankasana (Rabbit/Child Pose)
Ardha Matsyendrasana (Half Spinal Twist Pose)
Bhujangasana (Cobra Pose)
Pawanmuktasana (Wind-Relieving Pose)
Pranayama and Deep Breathing Exercises
Meditation and Relaxation Techniques

The instructors demonstrated the correct posture, breathing techniques, and health benefits of each asana. Special attention was given to spinal flexibility, respiratory health, stress management, concentration, and overall physical wellness. Participants enthusiastically performed side-bending exercises, forward bends, kneeling stretches, spinal twists, and breathing practices.

During the session, the significance of the Yogandhra theme, “Yoga for One Earth, One Health,” was explained. Participants were encouraged to adopt yoga as a daily habit to achieve a healthy body, peaceful mind, and balanced lifestyle. The slogan “Choose Yoga, Choose Joy, Health & Balance” was highlighted to motivate participants toward lifelong wellness.

The programme concluded with a brief meditation session and a vote of appreciation to the instructors and participants. The fourth day of Yogandhra–2026 was highly successful and contributed significantly to promoting health awareness, discipline, and holistic well-being among students and staff members of the college.





YOGANDHRA – 2026

Fifth Day Report

Date: 19-06-2026

Venue: Seminar Hall, S.V.B. Government Degree College, Koilkuntla

Time: 10:30 A.M.

As part of the week-long “Yogandhra – International Yoga Day 2026” celebrations, the fifth day of the Yoga programme was successfully conducted on 19th June 2026 in the Seminar Hall of S.V.B. Government Degree College, Koilkuntla. The programme was organized under the esteemed guidance of Dr. M. Venugopal, Principal, and supervised by Dr. H. Ramasubba Reddy, NSS Programme Officer. The yoga sessions were conducted by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, and Smt. P. Annapurna, Lecturer in Chemistry.

A total of 60 participants, including 40 students and 20 teaching and non-teaching staff members, actively participated in the fifth day yoga session. The programme commenced with a brief introduction highlighting the importance of yoga and

pranayama in maintaining physical fitness, mental stability, and emotional well-being.

The session began with a series of warm-up exercises, including neck rotations, shoulder movements, arm stretching, waist bending exercises, knee rotations, ankle movements, and full-body stretching exercises. These exercises helped the participants prepare their bodies for yoga practice and improved flexibility.

The main focus of the fifth day programme was on Pranayama (Breathing Techniques). The instructors demonstrated and guided participants through various breathing exercises such as:

Deep Breathing Exercise
Bhastrika Pranayama
Anuloma-Viloma Pranayama
Nadi Shodhana Pranayama
Kapalabhati Pranayama
Bhramari Pranayama
Ujjayi Pranayama
Sheetali Pranayama
Sheetkari Pranayama
Om Meditation and Relaxation Breathing

The instructors explained the health benefits of each pranayama technique, emphasizing their role in improving lung capacity, enhancing concentration, reducing stress and anxiety, improving blood circulation, and strengthening the respiratory system.

In addition to pranayama, participants practiced the following yoga asanas:

Tadasana (Mountain Pose)
Vrikshasana (Tree Pose)
Trikonasana (Triangle Pose)
Ardha Chakrasana (Half Wheel Pose)

Padahastasana (Hand-to-Foot Pose)
Vajrasana (Thunderbolt Pose)
Bhujangasana (Cobra Pose)
Shalabhasana (Locust Pose)
Pawanmuktasana (Wind Relieving Pose)
Ustrasana (Camel Pose)
Vakrasana (Spinal Twist Pose)
Setu Bandhasana (Bridge Pose)
Makarasana (Crocodile Pose)
Shavasana (Relaxation Pose)

All the teaching staff, non-teaching staff, and students enthusiastically participated in the yoga and pranayama sessions. The instructors continuously monitored the participants and corrected postures wherever necessary to ensure safe and effective practice.

The programme concluded with meditation, Om chanting, and a message emphasizing the importance of adopting yoga as a daily lifestyle practice for achieving physical health, mental peace, and social harmony. Participants expressed their enthusiasm and commitment to continue practicing yoga regularly.

The organizers informed the participants that the “Yogandhra” programme would continue up to 21st June 2026, culminating in the celebration of International Yoga Day 2026 with special yoga demonstrations and awareness activities.

The fifth day programme was a grand success and significantly contributed to promoting awareness about yoga, pranayama, and healthy living among students and staff members of the college.





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YOGANDHRA-2026 (20-06-2026)

YOGANDHRA-2026

Sixth Day Report (20-06-2026)

The sixth day of the “Yogandhra–2026” programme was successfully conducted on 20th June 2026 in the Seminar Hall of S.V.B. Government Degree College, Koilkuntla, under the guidance of the esteemed Principal Dr. M. Venugopal and the supervision of Dr. H. Ramasubba Reddy, NSS Programme Officer. The yoga sessions were led by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, and Smt. P. Annapurna, Lecturer in Chemistry.

A total of 50 participants, including 40 men and women students along with teaching and non-teaching staff members, actively participated in the sixth-day yoga session. The programme is being organized as part of the week-long Yogandhra celebrations leading up to International Yoga Day on 21-06-2026.

The session commenced with a brief prayer and meditation followed by a series of warm-up and loosening exercises to prepare the body for yoga practice. Participants performed neck rotations, shoulder movements, arm stretching, wrist exercises, waist bending, knee rotations, ankle movements, and breathing synchronization exercises. These activities helped improve flexibility, concentration, and physical readiness.

The instructors then guided the participants through various Pranayama techniques, including:

Deep Breathing Exercises

Bhastrika Pranayama

Anuloma-Viloma Pranayama

Kapalabhati

Bhramari Pranayama

Ujjayi Breathing

Omkara Chanting and Meditation

The yoga instructors explained the importance of controlled breathing in enhancing lung capacity, reducing stress, improving mental clarity, and promoting overall well-being.

The following Yoga Asanas were practiced by all participants:

Tadasana (Mountain Pose)

Vrikshasana (Tree Pose)

Ardha Chakrasana (Half Wheel Pose)

Trikonasana (Triangle Pose)

Vajrasana (Thunderbolt Pose)

Ushtrasana (Camel Pose)

Shashankasana (Rabbit/Child Pose)

Bhujangasana (Cobra Pose)

Makarasana (Crocodile Pose)

Pavanamuktasana (Wind Relieving Pose)

Setubandhasana (Bridge Pose)

Ardha Matsyendrasana (Half Spinal Twist)

Shavasana (Relaxation Pose)

Special emphasis was laid on maintaining correct posture, rhythmic breathing, flexibility, and mental relaxation during the practice. The participants enthusiastically followed the instructions and experienced improved concentration and physical comfort.

During the concluding session, the instructors highlighted the significance of incorporating yoga into daily life for achieving physical fitness, emotional balance, and mental peace. Participants were encouraged to continue practicing yoga regularly and to actively participate in the grand celebration of International Yoga Day on 21st June 2026.

The sixth day of Yogandhra-2026 concluded successfully with active participation from students, teaching staff, and non-teaching staff, reflecting the institution's commitment towards health, wellness, and holistic development.





S V B Government Degree College, Koilkuntla

(Affiliated to Rayalaseema University, Kurnool, A.P.)

Accredited by NAAC with "B" Grade



YOGANDHRA-2026 (21-06-2026)

Report On International Yoga Day (Seventh Day – Final Day)

YOGANDHRA PROGRAMME

Date: 21-06-2026

Venue: Seminar Hall, S.V.B. Government Degree College, Koilkuntla

The seventh and final day of the "Yogandhra" Programme was organized on 21st June 2026, coinciding with the celebration of International Yoga Day, in the Seminar Hall of S.V.B. Government Degree College, Koilkuntla. The programme was conducted under the guidance of the esteemed Principal Dr. M. Venugopal and supervised by Dr. H. Ramasubba Reddy, NSS Programme Officer. The yoga session was effectively led by Dr. B. Narendranatha Reddy, Lecturer in Mathematics, who served as the Yoga Instructor.

The programme witnessed enthusiastic participation from 50 members, including 20 students (both men and women) along with teaching and non-teaching staff members. As it was the concluding day of the week-long Yogandhra Programme and also a Sunday, the Principal graciously arranged and provided breakfast to all participants, which was appreciated by everyone.

The session commenced with a brief introduction to the significance of International Yoga Day and the importance of incorporating yoga into daily life for maintaining physical fitness, mental well-being, emotional balance, and spiritual harmony. Participants then performed a series of warm-up exercises designed to improve flexibility and prepare the body for yoga practice.

The yoga practice included various Pranayama techniques, namely:

Deep Breathing Exercises

Bhastrika Pranayama

International Yoga Day

Date: 21.06.2026

Organised by: NSS



S V B Government Degree College, Koilkuntla

(Affiliated to Rayalaseema University, Kurnool, A.P.)

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YOGANDHRA-2026 (21-06-2026)

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YOGANDHRA PROGRAMME

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The yoga practice included various Pranayama techniques, namely:

Deep Breathing Exercises

Bhastrika Pranayama

Anuloma-Viloma Pranayama
Nadi Shodhana Pranayama
Bhramari Pranayama
Kapalabhati Pranayama
Omkar Meditation

A special highlight of the programme was the collective performance of Surya Namaskars (Sun Salutations). Participants performed multiple rounds under the guidance of the instructor, synchronizing breathing with movement and experiencing the holistic benefits of this traditional yogic practice.

The following yoga asanas were demonstrated and practiced by all teaching, non-teaching staff members and students:

Tadasana (Mountain Pose)
Vrikshasana (Tree Pose)
Ardha Chakrasana (Half Wheel Pose)
Trikonasana (Triangle Pose)
Padahasthasana (Hand to Foot Pose)
Vajrasana (Thunderbolt Pose)
Ushtrasana (Camel Pose)
Bhujangasana (Cobra Pose)
Shalabhasana (Locust Pose)
Dhanurasana (Bow Pose)
Pawanmuktasana (Wind Relieving Pose)
Setu Bandhasana (Bridge Pose)
Ardha Matsyendrasana (Half Spinal Twist)
Paschimottasana (Seated Forward Bend)
Vakrasana (Twisted Pose)
Makarasana (Crocodile Pose)
Shavasana (Relaxation Pose)

The participants actively engaged in all activities and demonstrated great enthusiasm throughout the session. The instructor explained the health benefits of each asana and pranayama technique, emphasizing their role in improving

concentration, immunity, flexibility, respiratory efficiency, and stress management.

On this concluding day, Dr. M. Venugopal, Principal, appreciated the dedicated efforts of the NSS Unit, Yoga Instructor, faculty members, non-teaching staff, and students for successfully participating in the week-long Yogandhra Programme from 15th to 21st June 2026. He encouraged everyone to continue practicing yoga regularly and adopt a healthy lifestyle.

The programme concluded with a meditation session, a vote of thanks, and the distribution of breakfast to all participants. The successful completion of the seven-day Yogandhra Programme reinforced the message of “Yoga for Health, Harmony, and Happiness” and highlighted the importance of yoga as a way of life.

Participants: 50

Students: 20 (Men and Women students)

Faculty & Non-Teaching Staff and others: 30

Programme Coordinator:

Dr. H. Ramasubba Reddy

NSS Programme Officer

Yoga Instructor:

Dr. B. Narendranatha Reddy

Lecturer in Mathematics

Guidance:

Dr. M. Venugopal

Principal

S.V.B. Government Degree College, Koilkuntla





YOGANDHRA-2026

https://yogandhra.ap.gov.in/#/home/other-source-yoga-registration?source=SAAP

Getting Started Imported From P... Imported From P... Other favorites

MINISTRY OF AYUSH

INTERNATIONAL YOGA DAY 2026 21st JUNE 2026

AI Based Yoga App Free Online Yoga Classes Yoga Training Videos

International Yoga Day (21-06-2026) – Citizen Registration

Biodiversity Conserver Award

Date: 20.06.2026

Organised by: Dept. of Zoology



Biodiversity Conserver Award – 2026 is received from Sri. Neelayapalem Vijaya Kumar, Chairman, A.P. State Biodiversity Board



Principal and Staff of the college felicitating Dr. H. Ramasubba Reddy for receiving Biodiversity Conserver Award – 2026

Swarna Andhra Swachh Andhra

The "Swarna Andhra – Swachh Andhra" programme was organized in our college on 20-06-2026 with the theme "Operation Clean Sweep." The event aimed to promote cleanliness, hygiene, and environmental responsibility among students and staff. The programme began with an awareness session highlighting the importance of maintaining a clean campus and surroundings. Students, faculty members, and volunteers actively participated in a campus-wide cleanliness drive by collecting litter, sweeping pathways, and ensuring proper waste disposal. The programme concluded successfully with a pledge by all participants to maintain cleanliness and spread awareness in their communities.

Swarna Andhra - Swachha Andhra

3rd Saturday of Every Month



June - 2026



"Operation Clean Sweep"

Source segregation and plastic reduction

Date: 20-06-2026

**SVB. GOVT. DEGREE COLLEGE
KOILKUNTLA, NANDYAL DISTRICT**



Admission Campaign

organized an admission campaign in the neighboring villages of Koilkuntla. The staff members visited various colleges and villages to create awareness among students and parents about the courses, facilities, scholarships, and career opportunities offered by the college. They interacted with students, distributed admission brochures, clarified their queries, and encouraged them to pursue higher education by enrolling in our institution.



Felicitation to the retired Staff



Sri.E.V.Bhaskara Reddy, Lecturer in English retired on 30-06-2026



Sri.P.Venkateswarlu, Typist retired on 30-06-2026



కోవెలకుంట్ల: ప్రభుత్వ డిగ్రీ కళాశాల

అధ్యాపకుడు భాస్కర్ రెడ్డిని సన్మానిస్తున్న ప్రెస్సిపాల్
ఉద్యోగులు మంగళవారం పదవీ విరమణ పొందారు. ఆయా కార్యాలయాల్లో ఏర్పాటు చేసిన సమావేశాల్లో వారిని ఘనంగా సత్కరించారు. ఆయా కార్యక్రమాల్లో డిగ్రీ కళాశాల ప్రెస్సిపాల్ వేణుగోపాల్, డిప్యూటీ ఎం పీడీఓ ప్రకాష్ నాయుడు, ఆర్డీసీ డీఎం నాగరాజు, సంద్యాల రామకృష్ణ విద్యాసంస్థల అధినేత రామకృష్ణ రెడ్డి, రిటైర్డ్ అధ్యాపకుడు మల్లిరెడ్డి వెంకటేశ్వరరెడ్డి, అధ్యాపకులు రామసుబ్బారెడ్డి, రమణారెడ్డి, కృష్ణ దాసు, కృష్ణశాంక, భాస్కర్ నాయక్ పాల్గొన్నారు.



వెంకటేశ్వర్లును సన్మానిస్తున్న అధ్యాపకులు

కోవెలకుంట్ల: ప్రభుత్వ ఉద్యోగులు అంకితభావంతో పనిచేస్తేనే గుర్తింపు అభివృద్ధిని సాధించే వానవీ బొమ్మిడాల ప్రభుత్వ కళాశాల ప్రెస్సిపాల్ వేణుగోపాల్ అన్నారు. కళాశాలలో టైపిస్టుగా పని చేస్తూ పదవీ విరమణ పొందిన వెంకటేశ్వర్లుకు సోమవారం సన్మాన కార్యక్రమం ఏర్పాటు చేశారు. ఈ సందర్భంగా ప్రెస్సిపాల్ మాట్లాడుతూ.. ఉద్యోగులకు బదిలీలు, పదవీ విరమణలు సహజమన్నారు. వెంకటేశ్వర్లు సుమారు 48 ఏళ్ల పాటు సేవలందించి అందరి మన్ననలు పొందారని కొనియాడారు. అనంతరం శాలువా, పూలమాలలతో సత్కరించారు. కార్యక్రమంలో అధ్యాపకులు రామసుబ్బారెడ్డి, భాస్కర్ రెడ్డి, వెంకటేశ్వరరెడ్డి, సరేంద్రనాథరెడ్డి, కృష్ణదాసు, రమణారెడ్డి, షహానాజ్, భాస్కర్ నాయక్, శ్రీకర్ పర ప్రసాద్ పాల్గొన్నారు.