



VIKRAMA SIMHAPURI UNIVERSITY: NELLORE
NATIONAL SERVICE SCHEME

YOGANDHRA 2025 CAMPAIGN & INTERNATIONAL YOGA DAY CELEBRATIONS
THEME: "YOGA FOR ONE EARTH, ONE HEALTH"

Schedule:

Total no. of weeks: 5 weeks

Starting Date: 26th May 2025

Ending Date: 21st June 2025

Type of activities:

1. Door to Door Campaign
2. Mass Rally
3. Pam plate distribution
4. Poster or banner distribution

Places for Yoga:

1. College
2. Village
3. Public Places (Park, Temple, Community Halls,etc)
4. Tourist places or Iconic destinations

Timings: 7.30 AM to 6.00 PM

Thematic Yoga Demonstration:

1. Family
2. Employees
3. Tribal Community
4. Senior Citizens
5. Youth Group
6. Teachers
7. Sports People..... etc

Yoga Competitions:

1. Essay writing, song, painting. Short Film, Photography, Quiz, Posters, Slogans, Skit and Role-play, Rangoli
2. Yoga performance – Solo or Group
 - Slow yoga – Asanas
 - Surya Namaskar
 - Pranayama
 - Meditation

Registrations

Registration on Yogandhra Portal

Staff must register as Master Trainers

Students must register as Volunteers

Portal: <https://yogandhra.ayush.gov.in>

Conduct Yoga Training / Awareness Programmes

Mode: Online or Physical

Special Note – Visakhapatnam IDY Event

Date: 21st June 2025

Location: Visakhapatnam

Action: Submit details of students willing to attend the IDY-2025 main event in Visakhapatnam by early June (ideally by 2nd June 2025)

Month-long Yoga Campaign Schedule for YOGANDHRA 2025, from 26th May to 21st June 2025

S.No.	Date	College Name
1	26 th May 2025	Aaditya Degree College, Nellore
2	27 th May 2025	Krishna Chaitanya Degree & PG College, Nellore
3	28 th May 2025	APSWR Junior College, Kandaleru
4	29 th May 2025	D K Govt. Degree College for Women, Nellore, Unit - I
5	30 th May 2025	ASR Degree College, Athamakuru
6	31 st May 2025	Krishna Chaitanya Degree College, Buchireddy Palem
7	1 st June 2025	D K Govt. Degree College for Women, Nellore, Unit - II
8	2 nd June 2025	MRR Govt. Degree College, Udayagiri
9	3 rd June 2025	LVR Junior College, Seetharamapuram
10	4 th June 2025	Sri SVSSC Govt. Degree College, Sullurpeta, Unit - I
11	5 th June 2025	NBKR Arts & Science College, Vidyanagar
12	6 th June 2025	GVERR Junior College, Nellore
13	7 th June 2025	Rama Krishna Degree & PG College, Alluru
14	8 th June 2025	Rao's Degree College, Nellore
15	9 th June 2025	Sri Vema Degree College, Naidupeta
16	10 th June 2025	Visvodaya Govt. Degree College, Venkatagiri
17	11 th June 2025	D K Govt. Junior College, Nellore
18	12 th June 2025	MVRM Junior College, Udayagiri
19	13 th June 2025	Sri SVSSC Govt. Degree College, Sullurpeta, Unit - III
20	14 th June 2025	SKR Govt. Degree College, Gudur
21	15 th June 2025	Vikrama Simhapuri University College, Kakatur, Unit-I
22	16 th June 2025	Vikrama Simhapuri University College, Kakatur, Unit-II
23	17 th June 2025	Vikrama Simhapuri University College, Kakatur, Unit-III
24	18 th June 2025	Vikrama Simhapuri University College, Kakatur, Unit-IV
25	19 th June 2025	Vikrama Simhapuri University College, Kavali, Unit-I
26	20 th June 2025	Vikrama Simhapuri University College, Kavali, Unit-II
27	21 st June 2025	All colleges are participate in their places