GOVERNMENT DEGREE COLLEGE,
JAMMALAMADUGU
(Reaccredited by NAAC With ' B ' Grade)
(Affiliated to Yogi Vemana University, Kadapa)
Ramireddy Palli Road, Y.S.R Kadapa District, Andhra Pradesh 516 434

Date: 02.11.2026

BRICS Sustainable Lifestyle Week (BSLW-2026)

(DAY TWO)

ORGANISED BY ECO-CLUBS, PHYSICS DEPARTMENT. AND RELATED WINGS



REPORT ON BRICS SUSTAINABLE LIFESTYLE WEEK (BSLW-2026)

Yoga & Power Consumption Awareness Activities

Government Degree College, Jammalamadugu, Andhra Pradesh

Date: 02 November 2026

Venue: Government Degree College, Jammalamadugu

Programme Coordinators:

Dr. L. Bhushan Kumar, Sri. C. Bala Subramanyam

Lecturer in Physics

Introduction

Government Degree College, Jammalamadugu, Andhra Pradesh, organized Yoga and Power Consumption Awareness Activities as part of BRICS Sustainable Lifestyle Week (BSLW-2026) on Monday, 02 November 2026. The programme aimed to promote sustainable living practices, physical well-being, and responsible energy consumption among faculty members and students. The event was organized under the leadership of Vice Principal Dr. S. C. Sanjeeva Reddy. Dr. L. Bhushan Kumar and Sri C. Bala Subramanyam, Lecturer in Physics, served as coordinators and Co-Coordinator Dr. S. Nagendra along with other faculty members and students, actively participated in the programme.

Aim

To create awareness among students and faculty members about sustainable lifestyles through yoga, physical fitness, energy conservation, and the responsible use of electrical power.

Objectives

- To promote physical health, mental well-being, and healthy lifestyle practices through yoga.
- To create awareness about the importance of sustainable consumption and energy conservation.
- To educate students on the efficient utilization of electrical appliances and power supply systems.
- To encourage responsible behaviour in reducing unnecessary electricity consumption.
- To develop environmental responsibility and sustainability awareness among students.

Activities Conducted

1. Yoga and Physical Well-being Session:

A collective yoga and stretching session was conducted in the college corridor/hall. Faculty members and students enthusiastically participated in various yoga postures and stretching exercises. The session highlighted the importance of yoga in maintaining physical fitness, mental concentration, and overall well-being. Participants were encouraged to incorporate yoga and regular physical activities into their daily routines as part of a sustainable and healthy lifestyle.

2. Energy Conservation and Power Consumption Awareness:

An awareness programme and practical demonstration on energy conservation and efficient power consumption were organized. Students and faculty members were educated about the importance of switching off unnecessary electrical appliances, lights, and fans to prevent electricity wastage. Student representative Hussain Basha of III B.Sc., along with participating staff members, demonstrated the proper operation of electrical switches and awareness of electrical panels. The activity emphasized the importance of responsible electricity usage and energy-saving practices in the college campus and at home.

Outcomes

- Students and faculty members gained awareness of the importance of yoga and physical well-being.
- Participants developed an understanding of energy conservation and efficient electricity consumption.
- Students learned the importance of switching off unnecessary electrical appliances to minimize power wastage.
- The programme promoted sustainable lifestyle habits and environmental responsibility.
- Students were motivated to act as ambassadors of energy conservation and sustainable living in their homes and communities.

Conclusion

The BRICS Sustainable Lifestyle Week (BSLW-2026) Yoga and Power Consumption Awareness Activities were conducted successfully at Government Degree College, Jammalamadugu. The programme effectively promoted the significance of yoga, physical fitness, responsible energy consumption, and sustainable living practices. The active participation of faculty members and students made the event meaningful and informative. The programme concluded with a commitment to adopt energy-saving measures and healthy lifestyle practices in everyday life.

PHOTO EVIDENCES
YOGA SESSION






GPS Map Camera
Jammalamadugu, Andhra Pradesh, India
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