



SHRI GNANAMBICA DEGREE COLLEGE

(AUTONOMOUS)

(Affiliated to S.V. University)



ACTIVITY REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

Name of the Activity : International Yoga Day Celebration
Date : 21 June 2026
Venue : Shri Gnanambica Degree College (Autonomous), Madanapalle
Organized By : NSS Unit, Shri Gnanambica Degree College(A)

Introduction

International Yoga Day is celebrated every year on 21st June to promote the importance of yoga and its benefits for physical, mental, and spiritual well-being. Yoga is an ancient Indian practice that helps individuals maintain a healthy lifestyle by improving flexibility, concentration, and overall fitness. Recognizing the significance of yoga in daily life, the National Service Scheme (NSS) Unit of Shri Gnanambica Degree College (Autonomous), Madanapalle organized an International Yoga Day Celebration on 21 June 2026.

The programme aimed to create awareness among students about the importance of yoga and encourage them to adopt yoga as a part of their daily routine for maintaining good health and mental peace.

Objectives of the Programme

The main objectives of the programme were:

1. To create awareness about the importance of yoga in daily life.
2. To promote physical fitness and mental well-being among students.
3. To encourage students to adopt healthy lifestyle practices.
4. To reduce stress and improve concentration through yoga.
5. To develop self-discipline, self-confidence, and positive thinking.
6. To promote the message of holistic health and wellness.

Programme Proceedings

The International Yoga Day programme commenced with a brief introduction on the significance of yoga and its role in promoting a healthy and balanced lifestyle. NSS volunteers, students, and faculty members actively participated in the event with great enthusiasm.

During the programme, various yoga asanas and breathing exercises (Pranayama) were demonstrated and practiced. Participants performed different yoga postures under proper guidance and learned the correct techniques for improving flexibility, balance, and concentration.

The instructors explained the health benefits of yoga, emphasizing how regular practice can help prevent lifestyle-related diseases, reduce stress, improve mental clarity, and enhance overall well-being. Students were encouraged to dedicate a few minutes every day to yoga and meditation for maintaining physical and mental fitness.

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The programme highlighted the importance of integrating yoga into daily life and inspired students to develop healthy habits for long-term wellness.

Participation and Guidance

The programme was conducted under the guidance of:

- Mr. B. Devendra Naik, NSS Programme Officer
- Mr. Megha Vardhan, NSS Programme Officer
- Mr. Sharath Kumar, Physical Director
- Mr. Jagadeesh
- C. Mahesh Babu, Faculty

The NSS Programme Officers motivated students to actively participate in the yoga session and explained the importance of maintaining a healthy body and mind. The Physical Director demonstrated various yoga postures and guided the students throughout the session.

A large number of NSS volunteers actively participated in the programme and performed yoga exercises with dedication and enthusiasm. Their active involvement contributed significantly to the success of the event.

Support from College Management

The Correspondent of the college, **Sri R. Guru Prasad**, appreciated the efforts of the NSS Unit in organizing the International Yoga Day Celebration. He emphasized that yoga is an invaluable gift of Indian culture and encouraged students to practice yoga regularly to lead healthy and disciplined lives.

The Principal, **Smt. S. Ramadevi**, congratulated the NSS volunteers, faculty members, and organizers for successfully conducting the programme. She highlighted the importance of yoga in achieving physical fitness, emotional stability, and mental peace and encouraged students to make yoga a part of their daily routine.

Outcomes of the Programme

The programme resulted in the following positive outcomes:

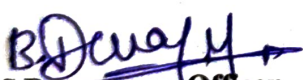
- Increased awareness about the importance of yoga among students.
- Encouraged students to practice yoga regularly.
- Promoted physical fitness and mental well-being.
- Improved awareness regarding stress management techniques.
- Developed self-discipline and concentration among participants.
- Motivated students to adopt healthy lifestyle habits.
- Enhanced participation of NSS volunteers in wellness activities.

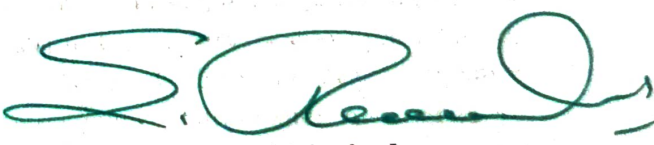




Conclusion

The International Yoga Day Celebration organized by the NSS Unit of Shri Gnanambica Degree College (Autonomous), Madanapalle was conducted successfully and achieved its objectives. The programme provided students with valuable knowledge about the significance of yoga and its numerous health benefits. The active participation of NSS volunteers, students, and faculty members made the event meaningful and impactful. The yoga session helped participants understand the importance of maintaining physical fitness, mental peace, and emotional balance. The programme also inspired students to incorporate yoga into their daily lives and adopt a healthy lifestyle. The support and encouragement provided by the college management played a vital role in the success of the event. Overall, the celebration promoted the message of health, harmony, and well-being and encouraged students to become physically fit, mentally strong, and socially responsible individuals.


NSS Programme Officer
NSS Programme Officer
Shri Gnanambica Degree College
MADANAPALLE


Principal
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