

**MADANAPALLE INSTITUTE OF TECHNOLOGY AND SCIENCE**  
(UGC – AUTONOMOUS)

**Report on**  
**CELEBRATION OF INTERNATIONAL YOGA DAY 21-06-2023**



On 21st June 2023, International Yoga Day was observed throughout the country. As part of the celebration MITS NCC has conducted a Program in BT college, Where many other NCC cadets from different colleges and schools has attended to make the event success. Importance of Yoga and benefits of practising yoga is clearly explained by the Yoga Instructor.

And then, The cadets were given a 1 hour Yoga practice by Yoga instructor.

Then the cadets were assembled and the Different ANO's of the colleges made a valuable speech on the occasion of Yoga Day along with Naveen sir. The program came to an end after giving refreshments to the cadets. This whole event was conducted under the leadership of Respected Lt.Dr.N.Naveen Kumar, Associative NCC Officer-MITS.