

# MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE

## MITS DEEMED TO BE UNIVERSITY

(Declared under section 3 of UGC Act, 1956 by Govt. of India - MoE)



### Report on International Yoga Day – 2025

**Date:** 21st June 2025

**Venue:** MITS College Ground

**Organised by:** NCC Unit, MITS College

The International Yoga Day 2025 was celebrated with great enthusiasm at MITS College by the NCC cadets. The event aimed to spread awareness about the importance of yoga for a healthy body and mind.

The programme began at 6:30 a.m. with a welcome speech by the Associate NCC Officer, followed by warm-up exercises and the Common Yoga Protocol session. Cadets performed



various asanas such as Surya Namaskar, Pranayama, and meditation with perfect discipline and coordination.



The Principal Ramanathan sir addressed the gathering and appreciated the cadets for promoting fitness and harmony through yoga.

The theme for this year was “Yoga for One Earth, One Health.” The event concluded with a vote of thanks and a group photograph marking the success of the programme.

The celebration reflected the NCC motto – “Unity and Discipline,” inspiring everyone to adopt yoga as a part of their daily life.