

A Report on
“Yogandhra Program”
Organized by NSS CELL



Report Submitted by: Mr. Pujari Rajesh, NSS Programme Officer

Attendance: 30 participants

Introduction:

On **11-06-2026**, the NSS Unit organized the **Yogandhra Program** in connection with the celebration of **International Yoga Day**. The programme was conducted with the objective of promoting physical fitness, mental well-being, and a healthy lifestyle among students and faculty members. Yoga is an ancient practice that helps improve concentration, flexibility, emotional balance, and overall health. The event aimed to create awareness about the importance of incorporating yoga into daily life for achieving holistic development.

The programme witnessed enthusiastic participation from NSS volunteers, students, faculty members, and staff. The event highlighted the significance of yoga in reducing stress, enhancing physical fitness, and maintaining mental peace. Participants were encouraged to practice yoga regularly and adopt healthy habits for their overall well-being.

Event Process:

The programme commenced at **6:00 AM** with the assembly of NSS volunteers, students, and faculty members at the designated venue. The NSS Programme Officer welcomed the participants and explained the significance of the Yogandhra Program and International Yoga Day. The gathering was informed about the benefits of yoga and its role in maintaining a healthy lifestyle. A trained yoga instructor conducted the yoga session and guided the participants through various yoga postures, breathing exercises, and meditation techniques.

The instructor explained the correct methods of performing different asanas and emphasized their health benefits. Participants actively performed stretching exercises, Surya Namaskar, pranayama, and meditation practices under expert guidance.

During the session, the instructor highlighted the importance of regular yoga practice in improving physical fitness, enhancing mental concentration, reducing stress, and preventing lifestyle-related diseases. Participants were encouraged to make yoga an integral part of their daily routine for achieving overall wellness.



The programme also included an awareness session on the role of yoga in promoting emotional stability and healthy living. NSS volunteers actively participated and shared their experiences regarding the positive effects of yoga on their physical and mental health. The session created awareness about the importance of balancing physical activity with mental relaxation.



The event concluded with a pledge by all participants to practice yoga regularly and promote its benefits among family members, friends, and society. A group photograph was taken to commemorate the successful conduct of the programme.

Conclusion: The **Yogandhra Program conducted on 11-06-2026** was highly successful in promoting awareness about the importance of yoga for physical, mental, and emotional well-being. The programme encouraged participants to adopt yoga as a regular practice and highlighted its role in maintaining a healthy and balanced lifestyle.

The event strengthened the commitment of NSS volunteers towards health awareness and community well-being. It inspired participants to lead healthier lives and spread the message of fitness, discipline, and mindfulness throughout society. The programme concluded on a positive note with enthusiastic participation and a renewed commitment towards holistic health and wellness.

With Regards,

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