



MITS
MADANAPALLE

**MADANAPALLE INSTITUTE OF
TECHNOLOGY & SCIENCE**
DEEMED TO BE UNIVERSITY
(Declared Under section 3 of UOC Act, 1956 by Govt. of India - 1988)



Report on

ASTRAL SPACE ACCOMPLISHMENT - I

Organized by

YOGA & MEDITATION CLUB

On Wednesday , 15th October 2025

Organized & submitted by : Mr. K Manju Vikram , Assistant physical director

Student Coordinator : Mr. S Leela Narasimha Venkat

Participants : I , II , III Year B.Tech & MBA Students

Attendance : 31 Participants (Internal)

Venue: Vinayaka Block , MITS

Time: 3:00pm to 5:00pm

Mode of Conduct: Offline



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Madanapalle - 517325, Annamayya Dist., Andhra Pradesh



ASTRAL SPACE ACCOMPLISHMENT - I

By

MITS YOGA & MEDITATION CLUB

Under SAC (Student Activity Center)



15 October 2025



3.00 PM to 5.00 PM



Department of Physical Education
& Sports, Vinayaka Block

Contact us : ymc.official2106@gmail.com



Winner's will be awarded with 1st, 2nd, 3rd, Prizes
Participation certificate will be provided.

DRESS CODE : Collar T-Shirts Mandatory

Registrations



For more details contact :
Narasimha : 9305696086
Deepthi : 9032095684

Chief Patron

Dr. N. Vijaya Bhaskar Choudary
Founder & Chancellor

Patrons

Mrs. Keerthi Nadella
Executive Director

Shri N. Dwarakanath
Pro - Chancellor

Program Chair

Dr. C. Yuvaraj
Vice Chancellor

SAC Coordinator

Dr. G. Reddy Hemantha
Asst. Professor / ECE

SAC Co-Coordination

Mr. V. Naveen, AP/CST
Mr. B.S.H Shayeez Ahamed, AP/AI&ML

Faculty Coordinator

Mr.K.Manju Vikram
Yoga & Meditation Club
Coordinator

Student Coordinators

Mr.S. Leela Narasimha Venkat,
III ECE-B

www.mits.ac.in

The MITS Yoga Club has organized “ASTRAL SPACE ACCOMPLISHMENT – I” as a wellness and fitness event for the Academic Year 2025–26 on 15 October from 3:00 pm to 5:00pm under the banner of the MITS Student Activity Center (SAC). The event aimed to promote physical fitness, mental balance, and overall well-being among students through yoga-based competitive rounds.

The programme started with a warm welcome to all dignitaries, judges, and participants. Students from various departments actively took part, showcasing their interest, enthusiasm, and discipline toward yoga. The event consisted of **three rounds**, each designed to test the flexibility, concentration, balance, and posture accuracy of the contestants. Every round revealed impressive performances, highlighting the dedication and mental focus of the participants.

The competition was judged by **Dr. C. Dhamodharan**, Physical Director, **Mr. K. Manju Vikram**, Assistant Physical Director, and **Dr. G. Reddy Hemantha**, SAC Coordinator. They evaluated the participants based on posture accuracy, presentation, flexibility, and overall performance. Their impartial assessment and motivating feedback inspired all the students to perform their best.

Prize Categories :

1. Undergraduate (UG) Category

Students under the UG category performed various yoga postures showcasing balance, concentration, and flexibility. After a closely contested performance:

- **1st Prize – L . Hemalatha**
- **2nd Prize – C . Lokesh Kumar**
- **3rd Prize – K . Veera Sindhu**

2. Postgraduate (PG) Category

Participants from the PG category performed with commendable stability and posture precision.

- **1st Prize – C . Pavani**

The event concluded successfully with appreciation from the judges and the audience. The programme promoted the significance of yoga in leading a healthy lifestyle, reducing stress, and enhancing mental peace. Overall, the competition was inspiring, motivating students to adopt yoga as an integral part of their daily lives.







Roll NO	Name	Branch	Year	Signature
24691E00G5	L. Pavani	MBA	2nd	L. Pavani
24691A0407	K. Veera Sindhu	ECE	2nd	Sein
24691A05N4	N. Keerthi	CSE	2nd	Keerthi
24691A04R5	M. Swetha	ECE	2nd	M. Swetha
24691A3190	V. Harshitha	CAI	2nd	V. Harshitha
24691A04N6	Sk. Saniya Thysa	ECE	2nd	SKS
24691A0505	E. Kuthika	CSE	2nd	Kuthika
24691A3189	P. Grano Prasanna	CAI	2nd	Grano Prasanna
24691A05BR	C. Poova Sree	CSE	2nd	C. Poova Sree
24691A08GG	M. Sravana Sai	CSE	2nd	M. Sai
23691A04D1	G. Maheswar	ECE	3rd	G. Maheswar
23691A04C3	C. Lokesh Kumar	ECE	3rd	C. Lokesh Kumar
23691A0489	M. Karishma	ECE	3rd	M. Karishma
23691A0485	P. Jhansi	ECE	3rd	P. Jhansi
24691A31A2	R. Thyulani	CAI	2nd	R. Thyulani
23691A0496	M. Kedane	ECE	3rd	M. Kedane
24691A05P1	U. Lakshmi Prasanna	CSE	2nd	U. Lakshmi Prasanna
23691A0471	M. Hema Bhavathi	ECE	3rd	M. Hema Bhavathi
25MRA09205	Sai Phani Charan SM	CSM	Ist	Sai Phani Charan SM
23691A0472	V. H. Hemagiri	ECE	3rd	V. H. Hemagiri
24691A3240	S. V. Deepika Devi	CSD	II nd	S. V. Deepika Devi
24691A32A0	K. Tushna Rani	CSD	II nd	Tushna Rani
23691A3241	L. Hemalatha	CSD	III rd	L. Hemalatha

OUTCOMES :

1. Students gained awareness about the importance of yoga for maintaining physical and mental health.
2. Participants developed better concentration, flexibility, and body balance.
3. The competition helped in reducing stress and promoting mindfulness among students.
4. It encouraged regular yoga practice as part of a healthy lifestyle.
5. Students understood the cultural and spiritual value of yoga in daily life.
6. The program inspired others to participate in future yoga-related activities.
7. Overall, the competition contributed to the promotion of wellness through yoga practice.