



Report on  
**ASTRAL SPACE ACCOMPLISHMENT - I**

Organized by

**YOGA & MEDITATION CLUB**

On Wednesday , 15<sup>th</sup> 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



**MITS**  
MADANAPALLE

**MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE**

DEEMED TO BE UNIVERSITY (declared Under section 3 of UGC Act, 1956 by Govt. of India - MoE)

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](mailto:ymc.official2106@gmail.com)

Winner's will be awarded with 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, Prizes  
Participation certificate will be provided.  
DRESS CODE : Collar T-Shirts Mandatory

Registrations



For more details contact:  
Narasimha : 6305696086  
Deepthi : 9032095684

### Chief Patron

Dr. N. Vijaya Bhaskar Choudary  
Founder & Chancellor

### Patrons

Mrs. Keerthi Nodella  
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-Coordinators

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](http://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:

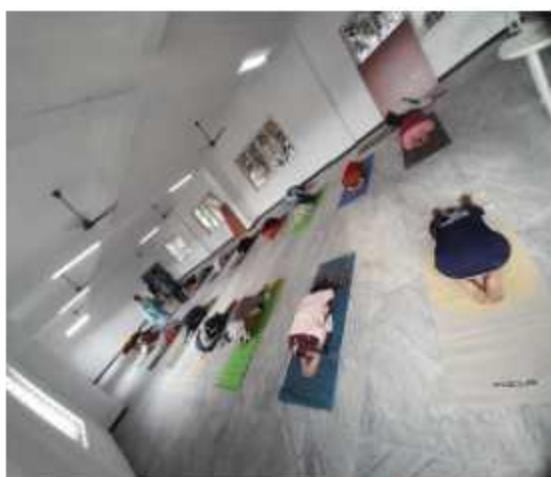
- **1st Prize – L . Hemalatha**
- **2nd Prize – C . Lokesh Kumar**
- **3rd Prize – K . Veera Sindhu**

#### **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.







Ref. No	Name	Branch	Year	Signature
24691E00G5	L. Pavani	MBA	2 <sup>nd</sup>	<u>L. Pavani</u>
24691A04U7	K. Veera Sindhu	ECE	2 <sup>nd</sup>	<u>K. Veera Sindhu</u>
24691A05N7	N. Keerthi	CSE	2 <sup>nd</sup>	<u>N. Keerthi</u>
24691A04R5	M. Swetha	ECE	2 <sup>nd</sup>	<u>M. Swetha</u>
24691A3190	V. Harshitha	CAI	2 <sup>nd</sup>	<u>V. Harshitha</u>
24691A04N6	Sk. Saniya Ifsa	ECE	2 <sup>nd</sup>	<u>Sk. Saniya Ifsa</u>
24691A0505	E. Kruthika	CSE	2 <sup>nd</sup>	<u>E. Kruthika</u>
24691A3189	P. Grana Prasanna	CAI	2 <sup>nd</sup>	<u>P. Grana Prasanna</u>
24691A05BR	C. Jyothi Sree	CSE	2 <sup>nd</sup>	<u>C. Jyothi Sree</u>
24691A05GG	M. Sravana Sai	CSE	2 <sup>nd</sup>	<u>M. Sravana Sai</u>
23691A04D1	Gr. Maheswar	ECE	3 <sup>rd</sup>	<u>Gr. Maheswar</u>
23691A04C3	C. Lokesh Kupare	ECE	3 <sup>rd</sup>	<u>C. Lokesh Kupare</u>
23691A0489	M. Karishma	ECE	3 <sup>rd</sup>	<u>M. Karishma</u>
23691A0485	P. Jhansi	ECE	3 <sup>rd</sup>	<u>P. Jhansi</u>
24691A31A2	R. Rthyelani	CAI	2 <sup>nd</sup>	<u>R. Rthyelani</u>
23691A0496	M. Icedane	ECE	3 <sup>rd</sup>	<u>M. Icedane</u>
24691A05P1	U. Lakshmi Prasanna	CSE	2 <sup>nd</sup>	<u>U. Lakshmi Prasanna</u>
23691A0471	M. Hema Bharath	ECE	3 <sup>rd</sup>	<u>M. Hema Bharath</u>
25MRA09205	Sai Phani charan SM	CSM	1 <sup>st</sup>	<u>Sai Phani charan SM</u>
23691A0472	U.H. Hemagiri	ECE	3 <sup>rd</sup>	<u>U.H. Hemagiri</u>
24691A3240	S.V. Deepika Davi	CSO	II <sup>nd</sup>	<u>S.V. Deepika Davi</u>
24691A32A0	K. Joshua Rani CSO	CSO	II <sup>nd</sup>	<u>K. Joshua Rani</u>
23691A3241	L. Hemalatha CSD	CSD	III <sup>rd</sup>	<u>L. Hemalatha</u>

## **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.