

**A OVERALL REPORT ON "INTERNATIONAL YOGA DAY" ON 21-06-2026.**

<b>Title of The Event</b>	<b>International Yoga Day</b>
<b>Resource Person &amp; Details</b>	<b>Mr. K. Srinivasu Garu, Yoga Master, Hyderabad.</b>
<b>Event Convener/ Coordinator &amp; Details</b>	Prof. D. Venkatesh, Head of the Department Department of Civil Engineering, Narsimha Reddy Engineering College.
<b>Program Type* Please mention any one of the Given Below.</b> Level 2 - Workshop	Awareness Program
<b>Program Theme * Please mention any one of the Given Below.</b>	Health, Wellness and Fitness
Start Date :	21-06-2026
End Date :	21-06-2026
Duration of the activity :	10.00 AM to 11.30 AM
Mode of Session	Offline
Number of Student Participants *	90
Number of Faculty Participants *	20
<b>Objective of The Event</b>	<p>The primary objective of celebrating <b>International Yoga Day</b> was to promote physical fitness, mental well-being, and a healthy lifestyle among students and faculty members. The program aimed to:</p> <ol style="list-style-type: none"> <li>1. Create awareness about the importance of yoga in daily life.</li> <li>2. Encourage participants to adopt healthy habits for physical and mental wellness.</li> <li>3. Improve concentration, flexibility, and stress management skills.</li> <li>4. Promote holistic development through regular yoga practice.</li> <li>5. Highlight the role of yoga in maintaining work-life balance and emotional well-being.</li> <li>6. Foster a culture of health, discipline, and mindfulness among students.</li> </ol>

**Outcomes**

**1. Learning Benefits**

1. Understanding the significance of yoga for overall health and wellness.
2. Awareness of various yoga postures (Asanas) and breathing techniques (Pranayama).
3. Knowledge of stress reduction and mental relaxation methods.

**2. Skill Development**

1. Improved flexibility, balance, and posture.
2. Enhanced concentration and mindfulness.
3. Development of self-discipline and healthy lifestyle practices.

**3. Knowledge Gained**

1. Knowledge of the benefits of regular yoga practice.
2. Understanding the connection between physical health and mental well-being.
3. Awareness of preventive healthcare through yoga and meditation.

**Brief Report:**

The Institution's Innovation Council (IIC) in association with the Department of Civil Engineering, Narsimha Reddy Engineering College, organized the celebration of International Yoga Day on 21st June 2026 to promote physical fitness, mental well-being, and a healthy lifestyle among students and faculty members.

The program commenced with a welcome address by the faculty members of the Civil Engineering Department. Prof. D. Venkatesh, Head of the Department, emphasized the importance of yoga in achieving physical health, mental peace, emotional balance, and overall well-being. He encouraged students to adopt yoga as a regular practice to lead a disciplined and healthy life.

The session was conducted by Mr. K. Srinivasu Garu, Yoga Master, Hyderabad, who demonstrated various yoga postures (Asanas), breathing exercises (Pranayama), and meditation techniques. He explained the significance of yoga in reducing stress, improving concentration, enhancing flexibility, and maintaining a healthy lifestyle. The Yoga Master also highlighted the role of yoga in improving productivity, self-discipline, and emotional resilience among students.

Participants actively performed Surya Namaskar, various stretching exercises, Pranayama practices, and relaxation techniques under the expert guidance of Mr. K. Srinivasu Garu. The interactive session enabled students and faculty members to understand the practical benefits of incorporating yoga into their daily routines.

The event witnessed enthusiastic participation from students and faculty members, creating awareness about the importance of physical fitness and mental wellness. The program successfully inspired participants to embrace yoga as a means of achieving holistic development and a balanced lifestyle.

The event concluded with a vote of thanks delivered by the faculty coordinator, expressing gratitude to Mr. K. Srinivasu Garu for sharing his valuable knowledge and motivating the participants towards a healthier and more mindful way of life. The program ended with a collective pledge to practice yoga regularly and promote wellness in society.



# NARSIMHA REDDY ENGINEERING COLLEGE

An Autonomous Institution | Affiliated to JNTUH | Approved by AICTE  
Accredited by NBA & NAAC with 'A' Grade

Brochure of the Event



## NARSIMHA REDDY ENGINEERING COLLEGE

An Autonomous Institution | Affiliated to JNTUH | Approved by AICTE  
Accredited by NBA & NAAC with 'A' Grade

Admissions Open 2026-27

[www.nrcmec.org](http://www.nrcmec.org)

For Admissions: 9951688777

# INTERNATIONAL YOGA DAY



Mr. K. Srinivasu Garu  
Yoga Master



21-06-2026



10:00 AM



IT PARK  
GROUND FLOOR

On this Yoga Day,  
embrace the power of mindfulness.

Sri. Jakkula Trishul Reddy Garu  
Secretary, NRCM



Location:

Malsammaguda (V), Kompally - 500100, Hyderabad.



Website

[www.nrcmec.org/](http://www.nrcmec.org/)

Malsammaguda (V), Dhulapally (P)

Near Kompally, Medchal (M), Secunderabad – 500 100.



[principal@nrcmec.org](mailto:principal@nrcmec.org)



9949092454



[www.nrcmec.org](http://www.nrcmec.org)

**Event Photograph 1**




**Event Photograph 2**



Event Photograph 3



Glimpses




**NARSIMHA REDDY  
ENGINEERING COLLEGE**

An Autonomous Institution | Affiliated to JNTUH | Approved by AICTE  
Accredited by NBA & NAAC with 'A' Grade

Admissions Open 2026-27  
[www.nrcmec.org](http://www.nrcmec.org)  
For Admissions: 9951688777


## INTERNATIONAL YOGA DAY



**GLIMPSES**

Location:  
Maisammaguda (V), Kompally - 500100, Hyderabad.

Website:  
[www.nrcmec.org](http://www.nrcmec.org)




**NARSIMHA REDDY  
ENGINEERING COLLEGE**

An Autonomous Institution | Affiliated to JNTUH | Approved by AICTE  
Accredited by NBA & NAAC with 'A' Grade

Admissions Open 2026-27  
[www.nrcmec.org](http://www.nrcmec.org)  
For Admissions: 9951688777

## INTERNATIONAL YOGA DAY



**GLIMPSES**

Location:  
Maisammaguda (V), Kompally - 500100, Hyderabad.

Website:  
[www.nrcmec.org](http://www.nrcmec.org)

**Conclusion:**

The celebration of International Yoga Day at Narsimha Reddy Engineering College (NRCM) was a grand success, reflecting the institution's commitment to promoting physical fitness, mental well-being, and a healthy lifestyle among all participants. The event was graced by the esteemed presence of Secretary Sri Trishul Reddy Sir along with his lovely daughter, Yoga Master Mr. K. Srinivasu Garu, Director Dr. A. Mohan Sir, Principal R. Lokanadham Sir, and the Convener of the program Prof. D. Venkatesh, Head of the Department of Civil Engineering. The presence of Heads of Departments, Deans, faculty members, and enthusiastic students added great value and significance to the program.

The session effectively emphasized the importance of incorporating yoga into daily life for achieving physical health, mental peace, and emotional balance. The active participation of all attendees showcased a strong commitment towards adopting a disciplined and healthy lifestyle.

Overall, the program created a positive impact by spreading awareness about the benefits of yoga and encouraging holistic development. It concluded with a sense of inspiration and collective responsibility among everyone present to practice yoga regularly and promote wellness in society.