

REPORT ON INTERNATIONAL YOGA DAY CELEBRATIONS

Date: 19 June 2026

Venue: Keshav Memorial Institute of Commerce & Sciences, Hyderabad

Organized by: NSS Unit

The NSS Unit of Keshav Memorial Institute of Commerce & Sciences celebrated International Yoga Day on 19th June 2026 with great enthusiasm and active participation from students and faculty members. The programme was organized to create awareness about the importance of yoga in maintaining physical fitness, mental well-being, and emotional balance.

The event commenced with a brief introduction highlighting the significance of International Yoga Day and the theme for the year. NSS volunteers, faculty members, and students assembled in the college premises and participated in the yoga session.

A certified yoga instructor demonstrated various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques. Participants actively practiced different asanas such as Tadasana, Vrikshasana, Bhujangasana, Vajrasana, and Surya Namaskar. The instructor explained the health benefits of each posture and emphasized the role of yoga in reducing stress and improving concentration.

The Joint Secretary Dr.Sridhar Reddy sir addressed the gathering and encouraged students to incorporate yoga into their daily routine for a healthy and disciplined lifestyle. NSS Programme Officer also motivated the volunteers to promote wellness and healthy living among their peers and society.

More than 100 NSS volunteers and students participated in the programme. The event successfully spread awareness about the importance of yoga and inspired participants to adopt a healthier lifestyle.

The programme concluded with a vote of thanks, expressing gratitude to the management, faculty members, yoga instructor, and all participants for making the event a grand success.

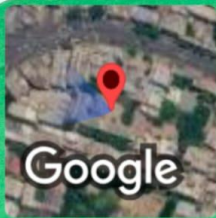
Outcome of the Programme:

- Created awareness about the benefits of yoga.
- Encouraged students to practice yoga regularly.
- Promoted physical fitness and mental well-being.
- Enhanced concentration, self-discipline, and stress management among participants.

MadhurimaChadalavada

NSS Programme Officer

Keshav Memorial Institute of Commerce & Sciences



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