



MALLA REDDY COLLEGE OF ENGINEERING

(Approved by AICTE-New Delhi, Affiliated to JNTUH)

Recognised under Section 2(f) & 12(B) of the UGC Act 1956, An

ISO 9001:2015 Certified Institution.

Maisammaguda, Dhulapally, post via Kompally, Secunderabad - 500100



Event Report:

International Yoga Day Program by NSS unit, MRCE College

Date: 21st June, 2022

Organized By: NSS Unit, MRCE College

Number of Participants: 257

Event Overview:

The NSS group at MRCE organized a vibrant and engaging program to celebrate International Yoga Day. The event aimed to promote holistic health and well-being through yoga practices, highlighting its importance in achieving physical, mental, and spiritual balance.

Key Individuals and HODs (Heads of Departments):

- **Principal:** Dr. M. Ashok
- **Vice Principal:** Dr. T. V. Reddy
- **NSS Program Officer:** G. Ratna Kumar

Their commitment to academic excellence and the promotion of literary endeavors, along with the support of the HODs, played a crucial role in the event's success.

Event Details:

- **Yoga Session:** The event commenced with a rejuvenating yoga session led by experienced instructors. Participants, including students, faculty, and staff, enthusiastically participated in various yoga asanas and pranayama exercises.
- **Principal's Address:** The Principal of MRCE, Dr. M. Ashok, delivered an inspiring address, highlighting the importance of yoga in maintaining a healthy lifestyle. He emphasized the role of yoga in reducing stress and enhancing concentration, urging everyone to incorporate yoga into their daily routine.

- **National Anthem:** The program concluded on a patriotic note with everyone standing up for the national anthem. It was a moment of pride and unity as participants sang the anthem together, reaffirming their commitment to the nation.

Conclusion:

The International Yoga Day program organized by the NSS group at MRCE was a great success, promoting the practice of yoga and its numerous benefits. The event not only emphasized the importance of physical and mental well-being but also fostered a sense of unity and national pride among participants.



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