

## CMR TECHNICAL CAMPUS

## UGC AUTONOMOUS



ESTD: 2009

Accredited by NBA & NAAC with 'A' Grade Approved by AICTE, New Delhi and JNTU Hyderabad

## **EVENT REPORT INTERNATIONAL YOGA DAY**

Date of the event Held: 21-06-2024

**Organizer: NSS unit of CMR Technical Campus** 

Venue/Place: Girmapur, Kandlakoya ,Munirabad and Gowdavelli Government school

Number of students Participants (students and Staff):642

**Description about the Event:** The International Yoga Day was celebrated on 21st June 2024 at Girmapur, Kandlakoya, Munirabad, and Gowdavelli Government schools, which are adopted by CMRTC. The event was organized by the NSS volunteers of CMRTC and witnessed enthusiastic participation from 642 school student. The NSS volunteers of CMRTC, who also served as the yoga instructors, led the sessions, ensuring a smooth and engaging experience for all participants. The event commenced with a warm-up session, followed by a series of yoga postures and breathing exercises aimed at promoting physical and mental well-being.

The participants demonstrated keen interest and actively engaged in the yoga practices the event not only fostered a sense of community but also highlighted the importance of integrating yoga into daily routines for a healthier lifestyle.

Photo 1: Inaugural Photo with Guest along Photo2: Participant along with Guest/Speaker with banner **Photo 3: Event Proof photos Photo 3: Event Proof Photos** 

**Signature of faculty Coordinator** 

Signature of Head