

EVENT REPORT INTERNATIONAL YOGA DAY

Date of the event Held: 21-06-2024





Organizer: NSS unit of CMR Technical Campus

Venue/Place: CMR Indoor Stadium , Kandlkoya , Medchal.

Number of students Participants (students and Staff):106

Description about the Event: On June 21, 2024, the Sports Club of CMRTC, with support from CMR Hospital, organized International Yoga Day at CMR Indore Stadium. The event was inaugurated by Dr. A Rajireddy, Director of CMRTC, along with Deans and Heads of departments. Yoga instructor Raju Jadi, Founder of Vinyasa Yoga Tutors, led the session, which saw active participation from 106 members, including students and faculty. The event began with a welcome address by Dr. Rajireddy, highlighting the importance of yoga in maintaining physical and mental well-being. Raju Jadi then guided the participants through a variety of yoga asanas and pranayama exercises, catering to both beginners and advanced practitioners. The session focused on enhancing flexibility, strength, and relaxation.

It concluded with a calming group meditation, leaving everyone feeling rejuvenated and inspired. This event reinforced CMRTC's dedication to promoting a healthy and balanced lifestyle within its community.

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

M. Rajireddy

Signature of faculty Coordinator

Raju Jadi

Signature of Head