

## EVENT REPORT – INTERNATIONAL YOGA DAY

**Date of the event Held:** 21.06.2025

**Organizer:** NCC, Osmania University

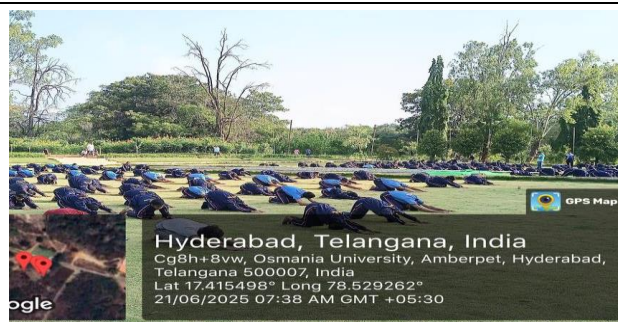
**Venue/Place:** Osmania University Campus

**Number of students Participants (students and Staff):** 23

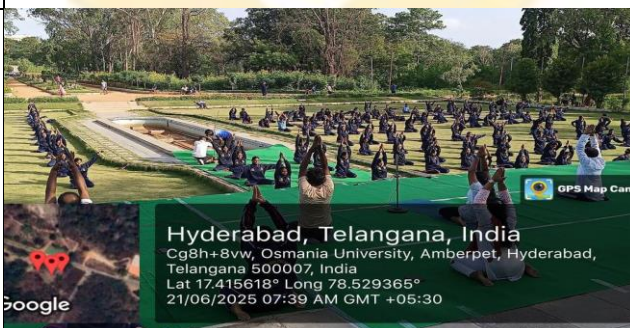
The International Yoga Day celebration at Osmania University was a great success, promoting physical, mental, and emotional well-being through yoga. Organized under the global theme “*Yoga for One Earth, One Health,*” the event featured yoga sessions, workshops, and demonstrations by experienced practitioners. Participants from CMR Technical Campus, Anurag University, and MVSREC actively engaged in activities that enhanced flexibility, reduced stress, and encouraged mindfulness. The event emphasized incorporating yoga into daily life and fostered a sense of unity among attendees.

**Outcome:** Participants reported reduced stress and improved physical awareness, promoting regular yoga practice for a healthier lifestyle.

**Photo 3: Event Proof photos (Geo tagged)**



**Photo2: Participant along with Guest/Speaker(Geotagged)**



**Photo 3: Event Proof photos (Geo tagged)**



**Photo 3: Event Proof Photos**



  
 Signature of faculty Coordinator