

EVENT REPORT ON YOGA DAY AT MUNIRABAD

Date of the Event : 20-06-2026

VENUE : MUNIRABAD

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants : 10

Description of the Event : On 20-06-2026, the NSS Volunteers of CMR Technical Campus conducted a Yoga Awareness Activity at Government School, Munirabad. The volunteers demonstrated various yoga asanas and explained the importance of yoga for physical fitness, mental well-being, and a healthy lifestyle. Students actively participated and learned the benefits of practicing yoga regularly for overall health and stress management. (SDG: 3, 4)



Signature of Program Officer



Signature of Head