

EVENT REPORT ON YOGA DAY AT YELLAMPET

Date of the Event : 20-06-2026

VENUE : YELLAMPET

Organizer : NSS CMRTC

Program Officer : M. SAAHUL

Number of Participants : 6

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



Signature of Program Officer



Signature of Head