



# **MALLA REDDY COLLEGE OF ENGINEERING & TECHNOLOGY**

**(Autonomous Institution – UGC, Govt. of India)**

**(Approved by AICTE & Affiliated to JNTUH)**

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## **DEPARTMENT OF MECHANICAL ENGINEERING**

### **Report on International Yoga Day Celebration**

**Venue: College Auditorium**

**Date: 21<sup>st</sup> June, 2025**

The 11<sup>th</sup> International Day of Yoga was celebrated with great enthusiasm and energy at MRCET Campus on 21st June 2025. The event aimed to promote awareness about the importance of yoga in maintaining a healthy lifestyle and achieving physical, mental, and spiritual well-being. To encourage students and staff to adopt yoga as a part of their daily routine and to emphasize the role of yoga in achieving harmony between mind and body.

The celebration began at 09:00 AM in the college auditorium with an introductory speech by the Principal, Dr. S. Srinivasa Rao, and Dr. Desu Damodara Reddy HOD-ME, who highlighted the importance of yoga in students' lives. This was followed by a brief talk on the history and benefits of yoga by the NSS Program Officer (Yoga Instructor) Mr. T. Satish Kumar. The instructor guided the participants through various asanas (postures), pranayama (breathing techniques), and meditation practices. Common asanas performed included Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Savasana, among others. The event witnessed enthusiastic participation from Mechanical Engineering Department and also all other departments, reflecting a shared commitment to fitness and wellness.

The Yoga Day celebration at MRCET Campus was a grand success. It served as a reminder of the significance of inner peace and discipline in our hectic lives. The event concluded with a pledge by all participants to incorporate yoga into their daily lives.

We extend our sincere thanks to the Principal Sir, faculty, NSS volunteers, and all participants for making the event successful. Special thanks to the yoga instructor Mr. T. Satish Kumar for their valuable guidance and support.













**MRCET CAMPUS**



INTERNATIONAL  
**YOGA DAY**

Empowering the youth with knowledge and  
balance through yoga



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