



MNR DENTAL COLLEGE & HOSPITAL

"NAAC ACCREDITED"

(Recognized by MH & FW, Govt. of India & Affiliated to KNR University of Health Sciences)
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ACTIVITY REPORT

Event: 12th International Day of Yoga – 2026

Date: 19 June 2026

Time: 9:20-10:20 am

Venue: G. Pulla Reddy Open Ground, MNR University, Sangareddy

Organizers: Department of Physical Education, of MNR HERA Campus.

Host: Dr. R.Suresh, Director of Physical Education at MNR HERA Campus. Sir is having Ph.D. degree in Physical Education, from Annamalai University, Tamil Nadu with a total working experience of 12 yrs.

Participants: from MNRDC- 47 students and 2 staff (49)

Introduction

In celebration of the 12th International Day of Yoga – 2026, the Department of Physical Education & Sports, MNR University, organized a grand Yoga session on 19th June 2026 at the G. Pulla Reddy Open Ground, MNR University.

The event was conducted under the national theme "**Yoga for Healthy Ageing**", aiming to create awareness regarding the importance of yoga in promoting physical health, mental well-being, emotional balance, and a healthy lifestyle among students and faculty. The event was organized as per the official circular issued by the Department of Physical Education, encouraging participation from all constituent colleges of MNR HERA Campus.

The programme witnessed enthusiastic participation from students and faculty representing various disciplines including Medical, Dental, Pharmacy, Physiotherapy, Nursing, Engineering, Management and other constituent colleges of MNR University, making it a vibrant interdisciplinary gathering.

Participation from MNR Dental College & Hospital

MNR Dental College & Hospital participated under the guidance of Dr. Vinay Kumar Reddy, Principal. A total of 47 students along with Dr. Bhuvaneshwari Kalmath, Professor, Department of Oral Medicine & Radiology, and Dr. Shravya, Reader, Department of Public Health Dentistry represented MNRDC. Students performed all

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yoga postures, breathing exercises and meditation practices alongside participants from other constituent colleges, reflecting teamwork and institutional spirit.

Programme Proceedings

- Registration was held from 8:30–9:00 AM followed by prayer.
- The participants were welcomed by the Sports Secretary.
- A brief introduction highlighted the significance of International Yoga Day and the theme 'Yoga for Healthy Ageing'.
- The Common Yoga Protocol session included stretching exercises and various yogasanas performed under expert guidance.
- This was followed by Pranayama and meditation promoting relaxation and mindfulness.
- Participation certificates were distributed to all registered participants.
- The programme concluded with the Vote of Thanks and National Anthem.

Outcome

The programme enhanced awareness regarding the importance of yoga for physical fitness, mental well-being, stress management and healthy living. It promoted interdisciplinary interaction among students and faculty of different institutions under MNR University.

Conclusion

The International Yoga Day celebration was highly successful and inspired participants to adopt yoga as a part of their daily routine for a healthier lifestyle.

Evidence:

TIME	PROGRAMME
08:30 AM – 09:00 AM	Registration of Participants.
09:00 AM – 09:10 AM	Prayer.
09:10 AM – 09:15 AM	Welcome Address – U. SWETHA S – Sports Secretary.
09:15 AM – 09:25 AM	Brief Introduction to International Day of Yoga.
09:25 AM – 09:45 AM	Common Yoga Protocol (CYP) Practice Session.
09:45 AM – 09:55 AM	Pranayama and Meditation Session.
10:00 AM – 10:15 AM	Distribution of Participation Certificates.
10:15 AM – 10:20 AM	Vote of Thanks – Sports President – SENEEL.
10:20 AM	National Anthem.

19th JUNE 2026 FRIDAY 9:00 AM – 10:00 AM MNR University Open Ground, Sangareddy, Hyderabad

Organised by Dept of Physical Education & Sports

MNR UNIVERSITY
Physical Education

Campus
MNR Open Ground, Sangareddy, Hyderabad

Admissions Office
MNR Open Ground, Sangareddy, Hyderabad

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19th JUNE 2026 FRIDAY 9:00 AM – 10:00 AM MNR University Open Ground, Sangareddy, Hyderabad

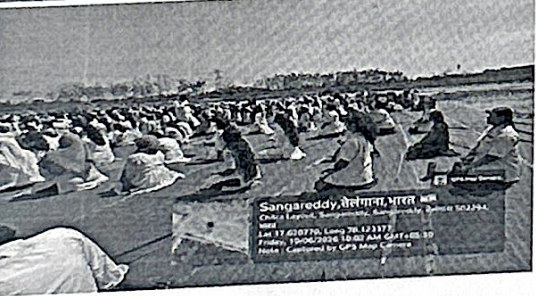
Organised by Dept of Physical Education, MNR University, Sangareddy - Hyderabad.

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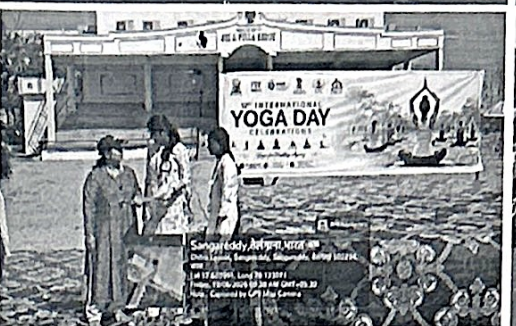
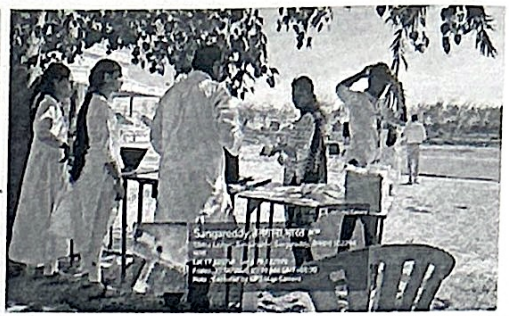
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Program Coordinator

Principal

[Handwritten Signature]
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