



MALLA REDDY VISHWAVIDYAPEETH

(Deemed to be University)

Recognised under section 3 of The UGC Act, 1956, vide Notification No.9-4/2024-U.3(A) by
Department of Higher Education, Ministry of Education, Government of India.



NEP-SAARTHI

June 2026

Activity Report



Theme: Holistic Wellness Activities
NEP-2020 Awareness Activities
Organized in
JUNE 2026



**MALLA REDDY
VISHWAVIDYAPEETH**

NEP-SAARTHI - NODAL OFFICER

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Report of the event

Malla Reddy Vishwavidyapeeth (Deemed to be University) celebrated the **International Day of Yoga on 21st June 2026** with great enthusiasm and active participation from all seven constituent colleges. The event was organized to promote awareness about the importance of yoga in achieving physical fitness, mental well-being, and a balanced lifestyle. The celebration was conducted in accordance with the International Yoga Day 2026 theme, "**Yoga for Healthy Ageing,**" which emphasizes the role of yoga in fostering lifelong health, vitality, and overall well-being.

The programme was graced by Dr. Preeti Reddy, Vice Chairperson of the University, as the Chief Guest. In her inspiring address, Dr. Preeti Reddy highlighted the importance of incorporating yoga into daily life to maintain physical health, mental resilience, and emotional balance. She emphasized that regular yoga practice can contribute significantly to healthy ageing by improving flexibility, strength, concentration, and overall quality of life. She encouraged students, faculty, and staff to adopt yoga as a lifelong habit to promote wellness and prevent lifestyle-related disorders.

The celebration commenced with a mass yoga session conducted on the University campus under the guidance of certified yoga instructors. Participants practiced various yoga asanas, pranayama techniques, meditation, and relaxation exercises as prescribed in the Common Yoga Protocol. The session witnessed enthusiastic participation from students, faculty members, interns, non-teaching staff, and NSS volunteers, creating an atmosphere of unity, discipline, and wellness.

A special session was conducted to explain the significance of the International Yoga Day 2026 theme, "Yoga for Healthy Ageing," highlighting the role of yoga in promoting active and healthy lifestyles across all age groups. The programme

emphasized the importance of preventive healthcare, stress management, physical fitness, and emotional well-being through regular yoga practice.

Key Highlights of the Event:

- * Welcome address by University officials.
- * Inaugural address by Chief Guest Dr. Preeti Reddy, Vice Chairperson.
- * Mass yoga demonstration and guided yoga session.
- * Awareness talk on the theme "Yoga for Healthy Ageing."
- * Practice of yoga asanas, pranayama, meditation, and relaxation techniques.
- * Active participation of students, faculty, staff, interns, and NSS volunteers.
- * Distribution of participation certificates.

The celebration successfully enhanced awareness regarding the importance of yoga in promoting healthy ageing, physical fitness, mental wellness, and emotional resilience. Participants gained practical knowledge of various yoga techniques and recognized the significance of adopting yoga as a lifelong practice.

The event concluded with a vote of thanks, expressing gratitude to the management, organizing committee, faculty coordinators, yoga instructors, and all participants for their wholehearted support and active involvement in making the programme a grand success.

Number of participants: 994+



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Outcome of the Event

1. Increased Awareness on Healthy Ageing:

The programme enhanced awareness among students, faculty, and staff about the role of yoga in promoting healthy ageing by improving physical fitness, mental wellness, flexibility, and emotional resilience. Participants understood that yoga is a lifelong practice beneficial at every stage of life.

2. Promotion of the Theme – "Yoga for Healthy Ageing"

The celebration effectively conveyed the significance of adopting yoga as a preventive healthcare practice that supports active, independent, and healthy ageing. It encouraged participants to view yoga as an essential component of a balanced lifestyle rather than merely a form of physical exercise.

3. Active Participation and Community Engagement:

Students, NSS volunteers, faculty members, and staff enthusiastically participated in the Common Yoga Protocol session, demonstrating collective commitment towards health promotion and wellness. The event fostered a spirit of unity and shared responsibility for leading healthier lives.

4. Learning of Practical Yoga Skills:

Under the guidance of trained yoga instructors, participants practiced various yoga asanas, Pranayama, meditation, and relaxation techniques. These sessions enhanced their knowledge of correct postures, breathing methods, balance, flexibility, and stress management.

5. Encouragement of Preventive Healthcare:

The programme highlighted yoga as an effective, low-cost, and sustainable approach to preventing lifestyle-related diseases, improving mobility, strengthening immunity, and maintaining mental and physical well-being throughout life.

6. Adoption of Healthy Lifestyle Habits:

The event motivated participants to integrate regular yoga practice into their daily routines, encouraging discipline, mindfulness, emotional stability, and overall wellness for long-term health.

7. Strengthening NSS Values:

The celebration reinforced the core values of the National Service Scheme by promoting self-discipline, teamwork, leadership, and community service. Participants were inspired to spread awareness about the benefits of yoga among their families and the wider community.

8. Contribution to Institutional and National Objectives:

The successful organization of the programme supported the objectives of the Ministry of AYUSH, the National Service Scheme (NSS), and the Fit India Movement. It also strengthened the University's commitment to student wellness, community outreach, and NAAC quality initiatives through meaningful extension activities.

9. Proper Documentation and Quality Assurance:

The event was systematically documented through attendance records, photographs, and reports, providing valuable evidence for institutional records, quality assurance, and accreditation purposes while showcasing the University's commitment to promoting health and well-being.

NEP-SAARTHIs (MRV)

1	Dr.Gummakonda Alekhya	PG (Sem-1)- MRMCW
2	Dr. Fathima Maliha Parwaiz	PG (Sem-1)- MRMCW
3	Dr. Chanda Latha Meghana	PG (Sem-1)- MRIMS
4	Dr. K Poojitha	PG (Sem-1)-MRDCW
5	Dr. Lakshmi Archana Yarasani	PhD (Sem-1)-MRV
6	Ms. Samyuctha R	UG (Sem-1)-MRIDS

