SVR Government Degree College, Nidadavole
Health Club & Department of Physical Education

Report on the Celebration of the 12th International Day of Yoga – 2026

As per the instructions of the Commissioner of Collegiate Education (CCE), a 14-day Yoga Awareness and Training Programme under Yogandhra-2026 was successfully organized at SVR Government Degree College, Nidadavole, from 07-06-2026 to 21-06-2026.

The programme was conducted under the guidance of the Principal, **Dr. K. Jyothi**. Senior Yoga Master **Sri P. Naresh** and **Smt. Latha Ponraj** served as resource persons, providing daily training in yoga asanas, pranayama, meditation, and healthy lifestyle practices.

Teaching staff, non-teaching staff, and students enthusiastically participated throughout the 14-day programme, making it a grand success.

On 21 June 2026, the 12th International Day of Yoga was celebrated with mass yoga demonstrations based on the theme “Yoga for Healthy Ageing.”

The programme was successfully organized by the Health Club and the Department of Physical Education. The department expresses its sincere gratitude to the Principal, guest trainers, teaching and non-teaching staff, and all the students for their wholehearted support and active participation.


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International Day of
YOGA
Common Yoga Protocol
21st June


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