

NSS Activities Conducted in Academic Year 2024-25

S.NO.	NAME OF THE EVENT	DATE	NO. OF STUDENTS PARTICIPATED
1.	Independence Day – Har Ghar Tiranga Rally	14/08/2024	600
2	Teachers Day Celebrations	05/09/2024	200
3.	Basic Life Support (BLS) and First Aid Training	22/10/2024	150
4.	National Energy Conservation Awareness walk	15/12/2024	200
5.	Empowering Youth : Climate Literacy and sustainable innovation	07/01/2025	70
6.	Pulwama Attack Rally	14/02/2025	350
7.	Akshayapatra Foundation Visit	22/03/2025	60
8.	Environment day	5/06/2025	120
9.	Yoga Day	21/06/2025	200

Dt: 14/08/2024

Event: Independence Day - Tiranga Rally

On August 14, 2024, CMREC College celebrated the spirit of patriotism by organizing an Independence Day Tiranga Rally. The rally witnessed enthusiastic participation from the college community, including the Principal, Heads of Departments (HODs), faculty members, and students.

Objective and Impact

The Tiranga Rally aimed to:

- Instill a sense of pride and patriotism among participants.
- Celebrate the sacrifices of freedom fighters and highlight the value of independence.
- Encourage community participation in national celebrations.

Event Highlights

- The rally began with an inspiring address by the Principal, emphasizing the importance of unity and the significance of the Tricolor (Tiranga) as a symbol of national pride and freedom.
- Participants, holding the national flag high, marched through the campus and nearby areas, spreading the message of patriotism and unity.
- Faculty members and students joined hands to make the event vibrant and engaging, showcasing their love and respect for the nation.
- The rally was adorned with slogans and chants like "Bharat Mata Ki Jai" and "Vande Mataram," adding an electrifying atmosphere to the event.

The event was a resounding success, fostering a sense of unity and national pride among the participants. It concluded with a group photograph and a vote of thanks from the organizing committee, leaving everyone inspired to contribute to the nation's progress.





Dt: 05/09/2024

Event: Teachers Day Celebrations

Objective:

The primary objective of the Teachers' Day celebration organized by the NSS volunteers was to honor and appreciate the invaluable contribution of teachers in shaping the lives of students and building the foundation of society. The event aimed to express gratitude towards the Principal, Heads of Departments, and all faculty members for their dedication, guidance, and continuous support. It also encouraged students and NSS volunteers to recognize the importance of the teaching profession and to strengthen the bond between teachers and students through meaningful participation and interaction.

Event Highlights

The Teachers' Day celebration commenced with a warm welcome address by the NSS volunteers, setting a tone of respect and gratitude. The Principal graced the occasion along with all Heads of Departments, faculty members, and students. The program began with a traditional lamp-lighting ceremony, followed by a floral tribute to Dr. Sarvepalli Radhakrishnan, whose birthday marks the significance of the day.

NSS volunteers organized several cultural performances, including songs, dance, and skits, dedicated to teachers. Students expressed their heartfelt appreciation through speeches and handmade tokens of gratitude. The HODs and faculty members shared their thoughts and experiences through inspiring speeches that motivated the students. The event reflected a sense of unity, respect, and celebration, creating a joyful and memorable atmosphere.

The Principal, in his inspiring address, highlighted the true essence and significance of Teachers' Day. He paid tribute to Dr. Sarvepalli Radhakrishnan, whose birthday is celebrated to honor the teaching profession, and emphasized that teachers are the guiding lights who shape the future of every student and, consequently, the nation.

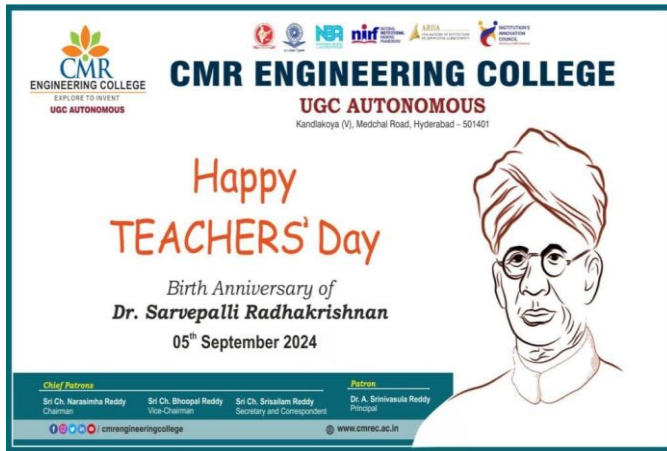
He appreciated the dedication, hard work, and commitment of all faculty members in nurturing young minds with knowledge, discipline, and moral values. The Principal encouraged students to always respect their teachers and to carry forward the lessons learned both inside and outside the classroom. He also applauded the NSS volunteers and

organizers for arranging a well-coordinated and heartfelt celebration that truly reflected the spirit of gratitude and respect.

In his concluding remarks, the Principal urged everyone to continue striving for excellence in education and personal growth. He reminded students that true success lies not only in academic achievements but also in developing good character, empathy, and social responsibility — qualities that great teachers always seek to instill in their students.

Conclusion

The Teachers' Day celebration concluded on a note of gratitude and mutual appreciation. The Principal acknowledged the efforts of the NSS volunteers and students for organizing a meaningful program. The event successfully highlighted the vital role of teachers in nurturing young minds and emphasized the value of respect and recognition for educators. The celebration fostered a spirit of togetherness and inspiration among teachers and students, leaving behind cherished memories and renewed motivation for learning and teaching.



Dt: 22/10/2024

Event: Basic Life Support (BLS) and First Aid Training

The Basic Life Support (BLS) and First Aid Training session was conducted on **October 22**, with Dr. Yerram Naidu and his team leading the training. The event aimed to educate and empower participants with essential life-saving skills. Dr. A. Srinivasula Reddy, the Head of the Department (HOD), graced the event, along with the faculty members and NSS volunteers who actively participated in the training. This session provided an in-depth understanding of BLS techniques and first aid procedures, fostering a sense of preparedness and responsibility among attendees to respond efficiently during medical emergencies.

Objectives:

1. To Equip Participants with Life-Saving Skills:

- Provide comprehensive training on Basic Life Support, including CPR (Cardiopulmonary Resuscitation), the Heimlich maneuver, and other emergency procedures.

2. To Encourage Effective Emergency Response:

- Enhance participants' ability to respond calmly and efficiently during medical emergencies.
- Build confidence in performing life-saving interventions until professional medical assistance arrives.

3. To Foster Awareness on Safety and Preparedness:

- Promote an understanding of the importance of first aid and BLS in various environments, both in the workplace and at home.

4. To Create a Culture of Health and Safety:

- Encourage faculty and students to prioritize health and safety, ensuring that more individuals are equipped to manage emergencies in their communities.

Event Highlights:

1. Expert Training by Dr. Yerram Naidu and Team:

- Dr. Yerram Naidu and his expert team provided detailed, hands-on demonstrations of BLS techniques, including CPR and how to manage unconscious individuals.
- Participants were taught effective methods of clearing airways, performing chest compressions, and utilizing AEDs (Automated External Defibrillators).

2. Interactive First Aid Session:

- The training covered essential first aid practices for dealing with various injuries, such as cuts, burns, fractures, and allergic reactions.
- Attendees practiced on dummies and with real-time simulations, improving their practical knowledge and skills in managing bleeding, burns, and other emergencies.

3. Simulation of Real-Life Scenarios

- The event featured simulated emergency scenarios that required participants to apply the skills they learned in practical situations.
- Scenarios included managing heart attacks, strokes, choking incidents, and severe bleeding, with participants engaging in decision-making and problem-solving.

4. Gracious Presence of Dr. A. Srinivasula Reddy and HODs:

- Dr. A. Srinivasula Reddy, along with other Heads of Departments (HODs), attended the session, providing support and motivation to the participants.

- Their presence highlighted the importance of such training in fostering a safer and more prepared environment for students and faculty.
- The NSS volunteers, in particular, displayed a strong commitment to community service, recognizing the vital role of first aid and BLS in saving lives.

Conclusion:

The Basic Life Support and First Aid Training event held on October 22 was a resounding success, offering valuable life-saving knowledge to participants. Under the leadership of Dr. Yerram Naidu and his team, the event equipped faculty, NSS volunteers, and other participants with critical skills to respond effectively in medical emergencies. The presence of Dr. A. Srinivasula Reddy and HODs further reinforced the event's significance in promoting health and safety, ensuring a lasting impact on the attendees.


CMR ENGINEERING COLLEGE
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National Service Scheme (NSS)
 In Association With
 Billion Hearts Beating Foundation &
 Apollo Hospital CSR wing - Hyderabad Region
 Organizing
BASIC LIFE SUPPORT (BLS) & FIRST AID TRAINING

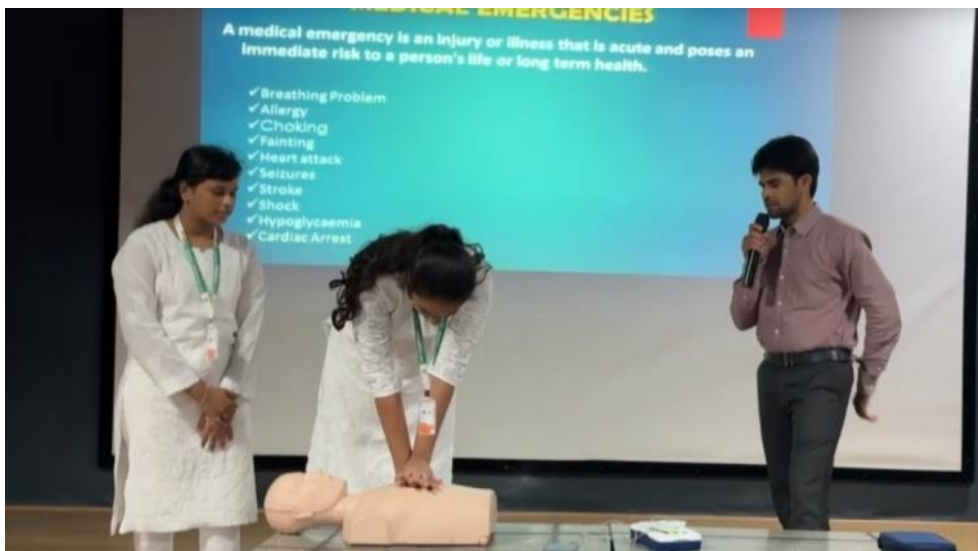
By
 • Dr. Yerram Naidu Kommineni
 • Mr. Rajashekhar • Mr. Venugopal



 Date
 22 Oct. 2024

 Block-I Auditorium


BILLION HEARTS BEATING



MEDICAL EMERGENCIES
 A medical emergency is an injury or illness that is acute and poses an immediate risk to a person's life or long term health.

- ✓ Breathing Problem
- ✓ Allergy
- ✓ Choking
- ✓ Fainting
- ✓ Heart attack
- ✓ Seizures
- ✓ Stroke
- ✓ Shock
- ✓ Hypoglycemia
- ✓ Cardiac Arrest



Dt : 15/12/2024

Event: National Energy Conservation Awareness Walk

Event Overview

The **National Energy Conservation Awareness Walk** was successfully conducted on **15th December 2024**, in alignment with National Energy Conservation Day. The walk commenced from **Visveswaraya Bhavan** and concluded at **Prasad IMAX, Khairatabad**, Hyderabad. The initiative aimed to create public awareness about the importance of energy conservation and sustainable energy practices in daily life.

The event was organized under the aegis of **The Institution of Engineers (India)** and witnessed active participation from students, faculty, professionals, and the general public.

Objectives

- To raise awareness on the significance of **energy conservation** in mitigating climate change and promoting sustainability.
- To **engage the public**, especially the youth, in promoting responsible energy use.
- To highlight the role of engineers, educators, and artists in driving the **energy conservation movement**.
- To support and align with **India's national mission on energy efficiency and climate goals**.

Event Highlights

- The walk was **inaugurated by Dr. Venkata Subbaiah, President of IEI**, who emphasized the role of engineers in shaping an energy-efficient future.
- **Prof. A. Srinivasula Reddy**, Principal of **CMR Engineering College**, addressed the gathering on integrating energy conservation into academic and campus practices.
- Renowned **lyricist and author Ananth Sriram** graced the event, delivering an inspiring message on cultural responsibility and energy ethics, blending creativity with climate consciousness.
- Enthusiastic participation from **students, educators, and citizens**, with posters, banners, and slogans promoting **"Save Energy, Secure Future."**

- The walk concluded with an interactive **awareness session** at **Prasad IMAX**, featuring short films and pledges on energy-saving habits.

Dr. Venkata Subbaiah – *President, IEI*

Dr. Venkata Subbaiah delivered an insightful address emphasizing the **urgent need for energy conservation** in the face of growing climate concerns and energy demands. He stressed the **crucial role engineers play** in designing and implementing sustainable technologies and infrastructure that reduce energy consumption. Dr. Subbaiah urged the younger generation to become **innovators and change-makers**, contributing to India's energy goals through practical solutions, research, and community outreach.

Prof. A. Srinivasula Reddy – *Principal, CMR Engineering College*

Prof. A. Srinivasula Reddy addressed the gathering with a focus on the **academic perspective of energy conservation**. He underlined the importance of incorporating **green practices and energy efficiency modules** in engineering curricula. He encouraged institutions to take the lead in becoming **models of energy-conscious campuses**, citing examples like energy audits, solar energy installations, and awareness drives. Prof. Reddy motivated students to **translate their theoretical knowledge into action** by taking part in real-world energy projects and sustainability initiatives.

Ananth Sriram – *Lyricist and Author*

Renowned lyricist and author Ananth Sriram brought a **creative and emotional dimension** to the discussion. He spoke about how energy conservation is not just a technical or policy issue, but a **moral and cultural responsibility**. Drawing inspiration from literature and nature, he urged the audience to view the


environment as a legacy to be protected. He creatively articulated how conserving energy is akin to **preserving poetry in motion**—where every watt saved echoes a story of awareness. He concluded by calling upon artists, writers, and citizens alike to spread the message of conservation through **expression, culture, and community action**.

Conclusion

The **National Energy Conservation Awareness Walk** on 15th December 2024 successfully brought together thought leaders, academia, and the public in a collective effort to promote sustainable energy usage. The presence of prominent figures like **Dr. Venkata Subbaiah, Prof. A. Srinivasula Reddy, and Ananth Sriram** added immense value to the campaign, reinforcing the message that **energy conservation is not just a necessity, but a responsibility**. The event concluded with a renewed commitment to fostering a culture of sustainability and energy mindfulness in society.



CMR ENGINEERING COLLEGE
UGC AUTONOMOUS
Kandlakoya (V), Medchal Road, Hyderabad – 501401



The Institution of Engineers (India)
Telangana State Centre

NATIONAL ENERGY CONSERVATION WEEK CELEBRATIONS
14th to 20th, December - 2024

14th Essay Writing | Poetry | Slogan writing competitions

15th Energy Conservation Awareness Walk

16th Rangoli | Painting | Poster Making Competition

17th Webinar | Quiz Competition

18th Valedictory Function | Prize Distribution Ceremony

Convener: **Dr. A. Srikrishna Reddy** (Principal)

Co-Convener: **Dr. Suman Mishra** (HOD, ECE Department), **Dr. K.V.Reddy** (HOD-R&S)

Chief Patrons:
Sri Ch. Narasimha Reddy (Chairman), **Sri Ch. Bhupal Reddy** (Vice-Chairman), **Sri Ch. Sriram Reddy** (Secretary and Correspondent)

Faculty Coordinators:
R. Shikha (H&S), **R. Prashanthi** (ECE), **Dr. S. Raghavendra** (H&S), **R. Shikha** (H&S), **R. Prashanthi** (ECE), **Dr. S. Raghavendra** (H&S)

Student Coordinators:
S. Saiy Vamsi (H&S), **Mr. Jayan** (ECE)





Dt: 07/01/2025

Event: Empowering Youth: Climate Literacy and sustainable Innovation

Objective

The main objective of the program “Empowering Youth: Climate Literacy and Sustainable Innovation – Role of Students and Youth” was to create awareness among students about the growing challenges of climate change and to inspire them to become active participants in building a sustainable future. The event aimed to educate young minds on the importance of climate literacy, encourage innovative thinking to address environmental issues, and promote youth-led solutions for sustainability. It also sought to empower NSS volunteers and students to take leadership roles in community-based climate actions and eco-friendly initiatives.

Event Highlights

The program was successfully organized by the NSS Unit in collaboration with the National Youth Climate Consortium (NYCC). The event witnessed the participation of the Principal, Heads of Departments, faculty members, NSS volunteers, and a large number of students.

The session began with a warm welcome address followed by an introduction to the theme of climate literacy and sustainability. The keynote address was delivered by Mr. Abhilash, NYCC Coordinator, who shared valuable insights on the pivotal role of youth in addressing climate challenges.

The event also included interactive sessions, presentations, and discussions focusing on renewable energy, waste management, green innovation, and sustainable campus initiatives. Students actively engaged in sharing ideas and proposed innovative solutions for creating a greener future. The session concluded with a vote of thanks, appreciating the efforts of NYCC and NSS volunteers for successfully organizing such an impactful and awareness-driven event.

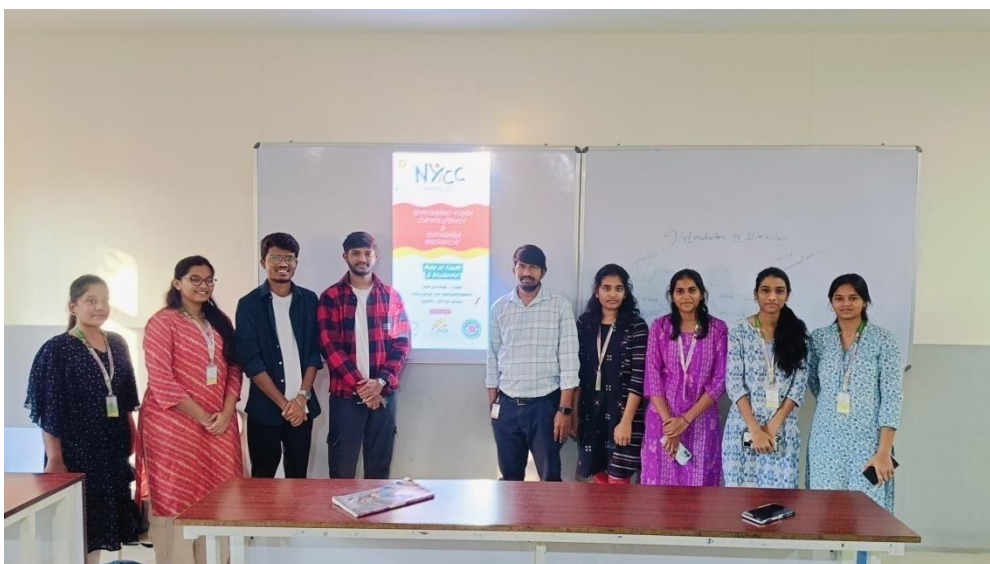
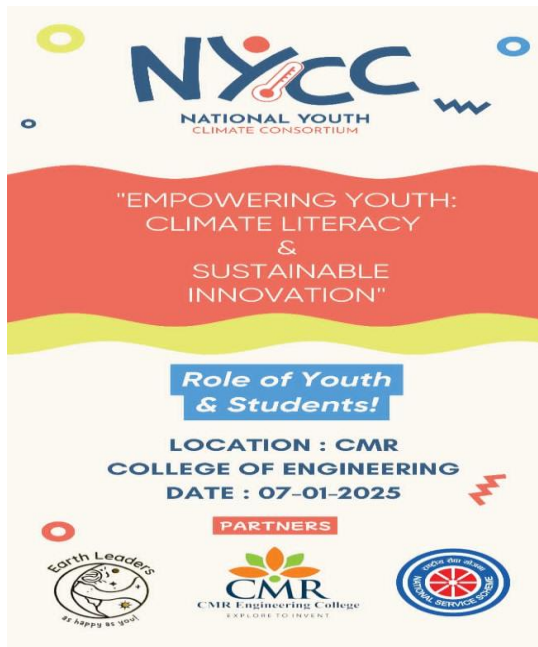
Mr. Abhilash, In his motivating and thought-provoking speech, Mr. Abhilash, the NYCC Coordinator, emphasized the crucial role of youth in combating climate change and promoting sustainability. He highlighted that today's youth are not just future leaders but current change makers who can influence environmental policies and practices through innovation, awareness, and action.

He stressed the need for climate literacy — understanding the science of climate change, its causes, and its consequences — as the first step toward meaningful change. Mr. Abhilash encouraged students to adopt sustainable lifestyles, reduce carbon footprints, and take up green projects within their campuses and communities.

He also spoke about youth-driven innovation, urging participants to explore new technologies, creative ideas, and entrepreneurship in sustainability. His message concluded with a powerful reminder that every small step taken by young people today can lead to a big difference for tomorrow's planet.

Conclusion

The program concluded with an overwhelming response from participants who felt inspired and informed about their role in building a sustainable world. The event successfully achieved its objective of promoting climate awareness and motivating students to contribute to environmental conservation through innovative practices. The collaboration between NSS and NYCC served as an excellent platform for nurturing climate-conscious youth leaders committed to creating a greener, cleaner, and more sustainable future.



Dt : 14/02/2025

Event: Pulwama Attack Rally

Event Overview:

On February 14th, a rally was organized to honor and remember the victims of the Pulwama Attack, a tragic event that occurred in 2019, where brave soldiers of the Indian Armed Forces lost their lives in a terrorist attack. The rally aimed to express solidarity with the families of the martyrs and pay tribute to their sacrifices. Dr. A. Srinivasula Reddy, along with Heads of Departments (HODs), faculty members, and NSS volunteers, actively participated in this meaningful event, reflecting the collective commitment to national security and remembrance.

Objectives:

1. To Honor the Martyrs of the Pulwama Attack:

- Pay tribute to the soldiers who lost their lives in the Pulwama terror attack, acknowledging their bravery and supreme sacrifice for the nation.

2. To Foster Patriotism and National Unity:

- Promote a sense of patriotism and unity among participants by remembering the sacrifices made by the Armed Forces.
- Encourage everyone to stand together in support of the country's defense and sovereignty.

3. To Raise Awareness on National Security:

- Highlight the importance of national security and the need for continued vigilance and support for the armed forces.
- Inspire citizens, especially the youth, to contribute to the nation's safety in whatever capacity they can.

4. To Honor the Families of Martyrs:

- Show solidarity with the families of the martyrs, acknowledging their immense loss and the sacrifice they made for the nation.

Event Highlights

1. Rally Procession:

- The rally began with participants gathering in solidarity and proceeding through designated routes, holding placards and banners with messages of respect and remembrance for the soldiers who lost their lives.
- National flags and posters of martyrs were displayed prominently as a sign of tribute and respect.

2. Speech by Dr. A. Srinivasula Reddy and HODs:

- Dr. A. Srinivasula Reddy, along with other Heads of Departments (HODs), addressed the gathering, emphasizing the significance of remembering the sacrifices of our soldiers and the importance of standing united as a nation.
- Their speeches also highlighted the role of the armed forces in safeguarding the country and the collective responsibility to support national security.

3. Active Participation of Faculty and NSS Volunteers:

- Faculty members and NSS volunteers actively participated in the rally, showing their commitment to the cause and supporting the message of unity and patriotism.
- The volunteers played a key role in organizing the rally, helping with logistics, distributing materials, and ensuring smooth execution of the event.

4. Patriotic Songs and Chanting of Slogans:

- Throughout the rally, participants chanted patriotic slogans and sang national songs that resonated with the spirit of the nation's pride and solidarity.
- The atmosphere was charged with patriotism, and the rally was a visual and emotional display of collective remembrance.

5. Moment of Silence:

- A moment of silence was observed at a key point during the rally, allowing participants to reflect on the sacrifices made by the martyrs and honor their memory.
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Conclusion:

The Pulwama Attack Rally, held on February 14th, was a solemn and impactful event that brought together Dr. A. Srinivasula Reddy, faculty members, NSS volunteers, and students to pay tribute to the fallen soldiers. The event successfully fostered a sense of patriotism, national unity, and remembrance. It highlighted the importance of supporting the armed forces and reinforcing national security, leaving a lasting impression on all those who participated.



Dt : 22/03/2025

Event: Akshaya Patra Foundation Visit

Event Overview

A visit to the **Akshaya Patra Foundation** at **Kandi, Sangareddy** was organized as part of a social outreach and awareness initiative. The visit was actively participated in by **NSS Program Officer Mr. E. Vigneshwar**, along with student volunteers. The objective was to understand the large-scale operations of one of the world's largest NGO-run mid-day meal programs, and to witness first-hand the processes involved in delivering nutritious food to thousands of children.

Objectives

- To familiarize NSS volunteers with the **mission and operational model** of the Akshaya Patra Foundation.
- To observe the **systematic approach and hygienic practices** followed in mass food preparation and distribution.
- To encourage students to appreciate and contribute to **social welfare and hunger eradication programs**.
- To inspire values of **volunteerism, responsibility, and service** among youth through real-world exposure.

Event Highlights

- The team was warmly welcomed by **Mr. A. Rakesh**, representative from Akshaya Patra, who led a detailed **guided tour** of the facility.
- Mr. Rakesh explained the **end-to-end process** of meal preparation — from procurement of raw materials to automated cooking, quality checks, and delivery logistics.
- The NSS Volunteers observed the foundation's use of **technology and hygiene standards**, including mechanized cooking vessels, sealed delivery containers, and nutritional quality control.

- **NSS Program Officer Mr. E. VigneshwarReddy** interacted with the staff and volunteers, appreciating their dedication and commitment to the cause.
- The session concluded with an interactive discussion where students asked questions about **scale, funding, food safety, and distribution challenges**.

Mr. E. Vigneshwar Reddy – NSS Program Officer

Mr. Vigneshwar emphasized the importance of **social responsibility and community service** among students. He encouraged the volunteers to take inspiration from Akshaya Patra's impactful work and find ways to **contribute to society meaningfully**. He highlighted how such visits help students understand **ground realities** and develop a sense of empathy. He urged them to carry forward the values of **discipline, teamwork, and compassion**. The speech concluded with a call to action for sustained involvement in **nation-building efforts** through NSS.

Mr. A. Rakesh – Akshaya Patra Representative

Mr. Rakesh gave an insightful explanation of Akshaya Patra's mission to eliminate classroom hunger through their **mid-day meal program**. He described the **systematic operations**, including procurement, automated cooking, quality checks, and logistics that ensure timely delivery of safe, nutritious meals. He emphasized the role of **technology, hygiene, and dedication** in serving thousands of children daily. Mr. Rakesh motivated students to value food, avoid wastage, and support causes that uplift the underprivileged. His speech concluded with a message on how **small contributions can make a big difference** in society.

Conclusion

The visit to **Akshaya Patra Foundation, Kandi, Sangareddy**, proved to be a valuable learning experience. It offered the participants a deeper understanding of how a large-scale, non-profit organization can efficiently address hunger and malnutrition through structured processes and community support. The insights shared by **Mr. A. Rakesh** were informative and inspiring, and the engagement reaffirmed the spirit of **“Service to Society”** among the NSS volunteers. The event concluded with a collective resolve to contribute meaningfully to social welfare initiatives.





Dt : 5/06/2025

Event: Environment day

Objective

The main objective of celebrating **World Environment Day** was to create awareness about environmental protection and to encourage students and faculty to take active responsibility in preserving nature. The event aimed to promote sustainable practices, highlight the importance of trees and biodiversity, and inspire collective action toward combating environmental challenges like pollution, deforestation, and climate change. Organized by the **NSS Unit**, the program sought to educate participants about their role in maintaining ecological balance and building a greener, cleaner future.

Event Highlights

The World Environment Day celebration was organized by the NSS Unit with great enthusiasm and active participation from the Principal, Heads of Departments (HODs), faculty members, NSS volunteers, and students.

The program began with a welcome address followed by an introduction to the year's World Environment Day theme. NSS volunteers showcased poster presentations highlighting key environmental issues such as waste management, conservation of resources, renewable energy, and sustainable living. Their creative and informative displays reflected their awareness and commitment toward environmental protection. A tree plantation drive was the main highlight of the event, where the Principal, HODs, and faculty members planted saplings in the college premises as a symbol of growth, sustainability, and a greener future. This act inspired students to contribute actively to environmental conservation efforts.

The Principal addressed the gathering with an inspiring speech, followed by appreciation for the NSS volunteers for their enthusiastic participation. The event concluded with a vote of thanks, acknowledging everyone's efforts toward making the program successful and meaningful.

In his insightful and motivating address, the Principal emphasized the urgent need to protect and restore the environment for future generations. He reminded the audience that small actions can bring big changes and that every individual has a moral duty to protect nature.

He spoke about the importance of tree plantation, explaining how trees play a vital role in maintaining ecological balance, reducing carbon emissions, and combating climate change. The Principal also appreciated the creative poster presentations prepared by NSS volunteers, which effectively conveyed environmental messages and innovative ideas for sustainability.

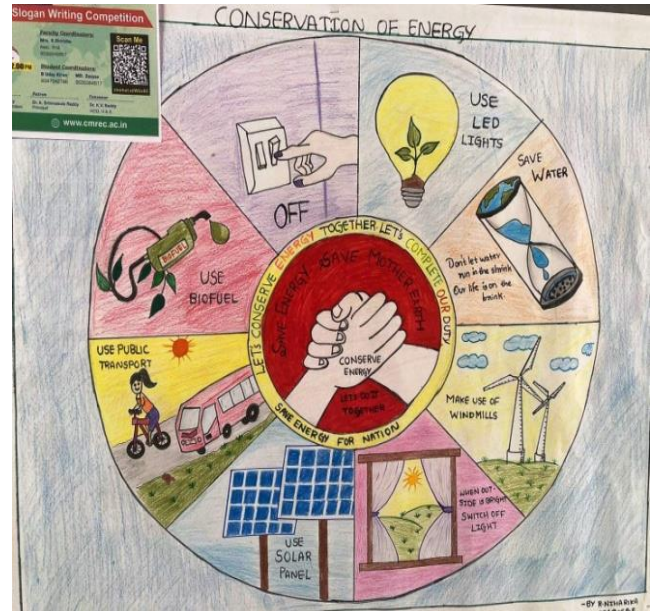
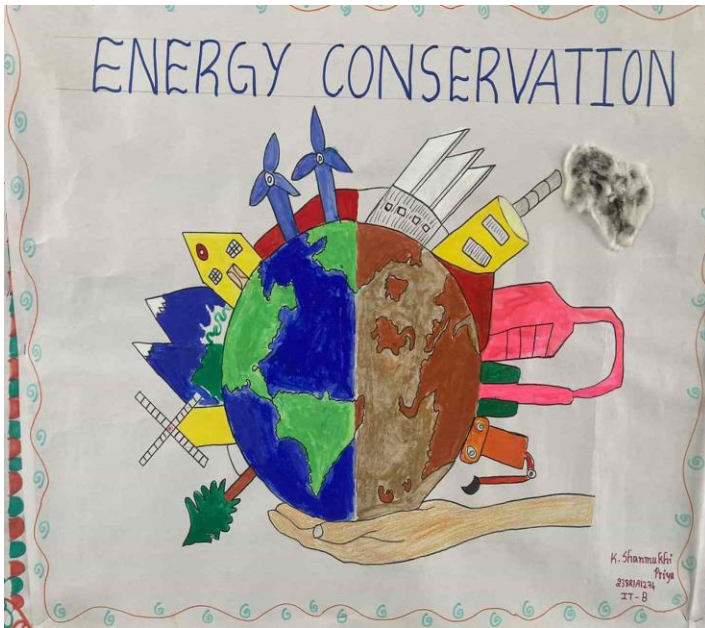
He urged students to adopt eco-friendly habits such as reducing plastic use, saving water and electricity, and promoting green initiatives both on and off campus. Concluding his speech, the Principal encouraged everyone to become environmental ambassadors, spreading awareness and inspiring others to take part in protecting the planet.

Conclusion:

The World Environment Day celebration was a great success, fulfilling its goal of raising awareness and inspiring action toward environmental protection. The enthusiastic participation of the Principal, HODs, faculty members, and NSS volunteers made the event impactful and memorable.

The combination of poster presentations and the tree plantation drive created a strong message of sustainability and responsibility. The program concluded with a shared commitment to continue such eco-friendly initiatives and to work collectively toward a cleaner, greener, and healthier environment.





Dt : 21/06/2025

Event: Yoga Day

Objective

The primary objective of celebrating International Yoga Day was to promote physical, mental, and spiritual well-being among students, faculty, and staff. The event aimed to spread awareness about the importance of yoga as a holistic practice for maintaining a healthy lifestyle and reducing stress. It also sought to encourage regular participation in yoga for improved concentration, self-discipline, and inner peace. By organizing this event, the NSS Unit aimed to inspire participants to adopt yoga as an integral part of their daily routine and to recognize its role in building a balanced and harmonious life.

Event Highlights

The International Yoga Day celebration was organized by the NSS Unit with great enthusiasm and active participation from the Principal, Heads of Departments (HODs), faculty members, NSS volunteers, and students. The event began with a warm welcome address followed by a brief introduction to the theme of the year's International Yoga Day. A professional yoga instructor led the session, guiding participants through various asanas (postures), pranayama (breathing exercises), and meditation techniques.

The Principal inaugurated the session and shared his insights on the importance of maintaining both physical and mental fitness. The participants actively took part in the yoga demonstration, performing different postures with enthusiasm and discipline. The serene environment and collective participation created a sense of unity, peace, and positivity among all attendees. The event concluded with a vote of thanks to all participants and organizers for making the celebration successful.

In his motivational address, the Principal emphasized the importance of yoga as a way of life rather than just a physical exercise. He highlighted that yoga helps achieve harmony between the mind, body, and soul, promoting overall well-being and inner peace. The Principal encouraged students and faculty members to practice yoga regularly to manage stress, improve concentration, and maintain good health in today's fast-paced world. He also spoke about India's rich cultural heritage in introducing yoga to the world and the global recognition of International Yoga Day as a proud achievement for the nation.

He appreciated the NSS Unit for organizing the event and praised the active participation of students, HODs, and faculty members. Concluding his speech, he urged everyone to incorporate yoga into their daily lives and to spread awareness about its benefits within their families and communities.

Conclusion

The International Yoga Day celebration was a resounding success, achieving its goal of promoting health, harmony, and mindfulness among participants. The event fostered a spirit of unity and well-being while reinforcing the message that yoga is an invaluable practice for achieving balance in life. The collective participation of the Principal, HODs, faculty, and NSS volunteers made the program memorable and impactful, inspiring everyone to continue the practice of yoga beyond the event day.



