

YOGANDHRA CAMPAIGN 2026

21st June 2026

International Day of Yoga

Yoga for Healthy Ageing



Chinthareddy Palem, Nellore - 524003, Andhra Pradesh.

#IDY2026

YOGANDHRA 2026 – COMMON YOGA PROTOCOL SESSION REPORT

As part of the **YOGANDHRA 2026 Campaign** and the observance of the **International Day of Yoga (IDY) 2026**, a **One-Day Common Yoga Protocol Session** was successfully conducted on **17 June 2026** from **6:30 AM to 7:30 AM** at Narayana Medical Institutions, under the directions of the Hon'ble Vice-Chancellor.

The program was organized under the leadership of **Dr. P. Sreenivasulu Reddy, Dean, Narayana Medical College & Hospital**, and conducted under the directions of the Hon'ble Vice-Chancellor. The Government of Andhra Pradesh launched **YOGANDHRA 2026** with the objective of creating awareness about the benefits of yoga and promoting public health and well-being. In this connection, Narayana Medical Institutions organized the Common Yoga Protocol Session with active participation from students of its constituent colleges.

The yoga session was conducted by **Mr. Mayank Jain**, a certified yoga practitioner, Classical Hatha Yoga Teacher, and trainer from **Sadhguru**

Gurukulam, Isha Foundation. During the one-hour session, he demonstrated and guided participants through **Surya Namaskara, Pranayama, and Meditation**, highlighting the significance of integrating yoga into daily life for physical fitness, mental clarity, and emotional balance.

Dr. P. Sreenivasulu Reddy coordinated the participation of students from various colleges under Narayana Medical Institutions. A press meet was also organized in connection with the event to create awareness about the **YOGANDHRA 2026 Campaign** and the upcoming **International Day of Yoga 2026** celebrations.

The event was coordinated by **Dr. D. M. Karthik, NSS Programme Officer**, and **Mr. Selvi Babu, Physical Director**. More than **150 students** actively participated in the session, contributing to the overall success of the program.

Following the yoga session, refreshments including **Ragi Java** and **chickpeas** were distributed to all participants. The program received an enthusiastic response from students and faculty members and served as a meaningful initiative toward promoting a healthy, disciplined, and wellness-oriented lifestyle through yoga.

The Common Yoga Protocol Session concluded successfully with active participation from students and staff, reaffirming the commitment of Narayana Medical Institutions to supporting the objectives of **YOGANDHRA 2026** and the **International Day of Yoga 2026**.























