

# YOGANDHRA CAMPAIGN 2026

21<sup>st</sup> June 2026

## International Day of Yoga

Yoga for Healthy Ageing



Chinthareddy Palem, Nellore - 524003, Andhra Pradesh.

#IDY2026

## INTERNATIONAL DAY OF YOGA 2026 – REPORT

As part of the observance of **International Day of Yoga (IDY) 2026** on **21 June 2026**, Narayana Medical Institutions successfully conducted a Yoga Session under the theme “**Yoga for Healthy Ageing**”, which reflects the growing relevance of yoga in promoting healthy longevity, active lifestyles, physical well-being, mental wellness, and improved quality of life across all age groups.

In preparation for International Day of Yoga, Common Yoga Protocol practice sessions had been conducted regularly for several days at Narayana Medical Institutions. Culminating these efforts, the International Day of Yoga celebrations were organized on 21 June 2026 with enthusiastic participation from students, faculty, staff, management, and administration across all constituent colleges and departments.

The programme was organized under the leadership of **Dr. P. Sreenivasulu Reddy, Dean, Narayana Medical College & Hospital**, who coordinated and encouraged active participation from all units of Narayana Medical Institutions. The collective support extended by the management, administrators, teaching

faculty, non-teaching staff, and students contributed significantly to the grand success of the event.

The yoga practice session was led by **Mr. Mayank Jain**, Certified Yoga Practitioner, Classical Hatha Yoga Teacher, and trainer from **Sadhguru Gurukulam, Isha Foundation**. He guided the participants through a series of yoga practices, including **Ardhasiddhasana, directional movements of the arms for wrist joint mobility, Nadi Shiddhi Pranayama, and Miracle of Mind Meditation**. During the session, he emphasized the importance of integrating yoga and meditation into daily life for maintaining physical fitness, mental clarity, emotional balance, and healthy aging.

On the occasion, **Dr. P. Sreenivasulu Reddy, Dean, Narayana Medical College & Hospital**, addressed the gathering and highlighted the significance of yoga in modern life. He spoke about how regular yoga practice contributes to physical health, mental resilience, emotional stability, and overall personal empowerment. He encouraged students and staff to adopt yoga as a daily habit to achieve a balanced and healthy lifestyle.

The event was coordinated by **Dr. D. M. Karthik, NSS Programme Officer**, and **Mr. Selvi Babu, Physical Director**. A large number of students and staff members actively participated in the programme, demonstrating their commitment towards health, wellness, and holistic living.

To promote healthy dietary practices alongside yoga, nutritious refreshments were served to all participants. The menu included **watermelon, pongal enriched with pulses, and rice flour pittu**, highlighting the importance of balanced and wholesome nutrition for overall well-being.

As a mark of appreciation, **Dr. P. Sreenivasulu Reddy**, on behalf of the management of Narayana Medical Institutions, felicitated **Mr. Mayank Jain** for his valuable contribution and dedicated efforts in conducting the yoga session and making the International Day of Yoga celebrations a memorable and enriching experience for all participants.

The International Day of Yoga 2026 celebrations concluded successfully with active participation and overwhelming support from all stakeholders of Narayana Medical Institutions. The programme reinforced the message of yoga as a powerful tool for achieving a healthier, happier, and more balanced life while supporting the vision of **“Yoga for Healthy Ageing.”**

























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MEDICAL INSTITUTIONS

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एवं खेल मंत्रालय  
MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS

राष्ट्रीय सेवा योजना  
NATIONAL SERVICE SCHEME

मि भारत

योग

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of Yoga**

Yoga for Healthy Ageing

YOGA VEEKSHAN  
YOGASTHAH KURU KARMAANI

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