



# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"



## INTERNATIONAL DAY OF YOGA 2026 – REPORT

As part of the observance of **International Day of Yoga (IDY) 2026** on **21st June 2026**, **Narayana College of Nursing, Nellore**, successfully organized a Yoga Session under the theme **“Yoga for Healthy Ageing.”** The theme emphasizes the importance of yoga in promoting healthy longevity, active lifestyles, physical fitness, mental well-being, and an improved quality of life across all age groups.

In preparation for International Day of Yoga, regular practice sessions based on the **Common Yoga Protocol** were conducted for students and faculty members. These preparatory sessions helped participants understand the importance of yoga and encouraged them to actively participate in the celebration.

The programme was conducted under the guidance of **Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing, Nellore**, whose encouragement and support played a vital role in the successful organization of the event. Faculty members, students, and staff enthusiastically participated in the programme, demonstrating their commitment towards health and wellness.

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 various yoga practices, including **Ardhasiddhasana, wrist joint mobility exercises, Nadi Shuddhi Pranayama, and Miracle of Mind Meditation**. During the session, he highlighted the importance of incorporating yoga and meditation into daily life to achieve physical fitness, mental clarity, emotional stability, and healthy ageing.

Addressing the gathering, **Dr. B. Vanaja Kumari, Principal**, emphasized the significance of yoga in maintaining holistic health. She explained how regular yoga practice contributes to physical strength, mental resilience, stress reduction, emotional balance, and overall well-being. She encouraged all students and faculty members to adopt yoga as a daily practice for leading a healthy and disciplined life.



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The programme was coordinated by **Mrs. S. Suchitra, NSS Programme Officer**, with the active support of faculty members and student volunteers. The event witnessed enthusiastic participation from students and staff, creating an atmosphere of positivity, harmony, and wellness.

To promote healthy dietary habits along with yoga practice, nutritious refreshments were served to all participants. The refreshments included **watermelon, pongal enriched with pulses, and rice flour pittu**, highlighting the importance of balanced nutrition in maintaining good health.

As a token of appreciation, **Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing**, felicitated **Mr. Mayank Jain** for his valuable contribution and dedicated efforts in conducting the yoga session. She expressed gratitude for his inspiring guidance and for making the International Day of Yoga celebration a meaningful and enriching experience.

The programme concluded successfully with active participation from students, faculty members, and staff. The celebration reinforced the message that yoga is a powerful tool for achieving a healthier, happier, and more balanced life, while supporting the vision of **"Yoga for Healthy Ageing."**

## Photos :





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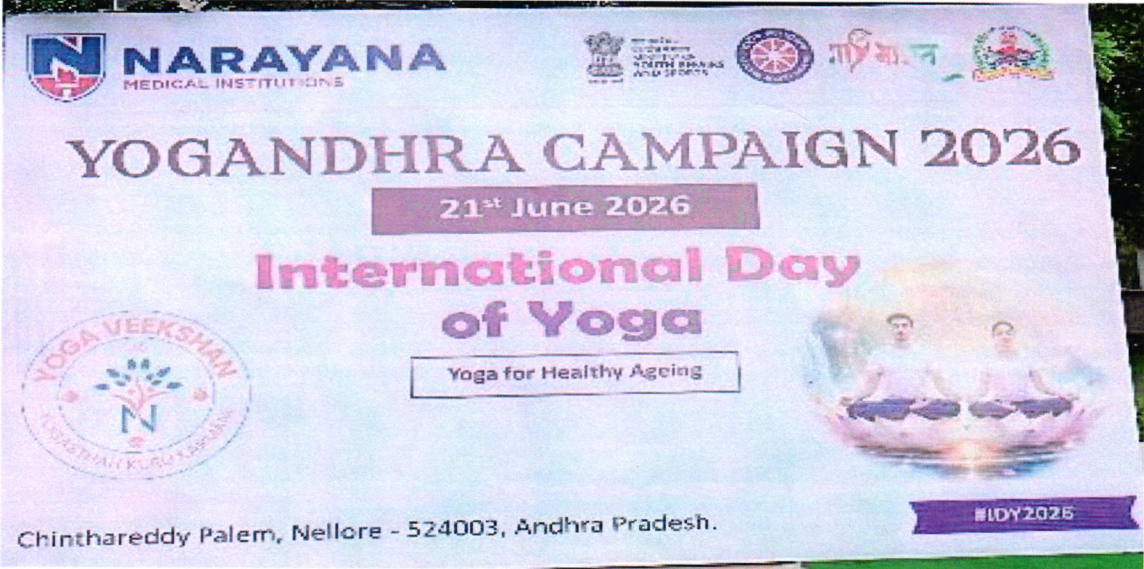
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*[Signature]*

**NSS PO**

Programme Officer

NSS UNIT

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*[Signature]*  
**PRINCIPAL**  
Principal

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