

International Yoga Day – 20/06/2025

The NSS volunteers of **Sardar Patel College** actively participated in the **International Yoga Day** celebrations held at **L.B. Stadium, Hyderabad**. The event aimed to promote the importance of incorporating yoga into daily life for improved physical fitness, mental well-being, and holistic health. It also sought to raise awareness about yoga as a preventive measure for various lifestyle-related health issues. The participation of our volunteers reflected their enthusiasm toward encouraging healthy living and spreading awareness about the benefits of yoga among the community.

The program witnessed the participation of over **1,500 attendees**, including students, NSS volunteers, and local citizens. Participants performed various **asanas** such as **Surya Namaskar** and **Tadasana**, along with guided meditation and relaxation techniques. A special address by **Sri G. Kishan Reddy Garu** provided valuable insights into how yoga helps manage stress and enhance overall wellness. The NSS Unit of Sardar Patel College is proud to have contributed to the success of this meaningful event through active volunteering and participation.

Participated NSS Volunteers

K. Babu (Programme Officer), T. Rajeshwar Reddy (Programme Officer), Sri Gayathri, Manasa, Meenakshi, Kaveri, D. Vigneshwari, P. Deekshitha, B. Indhu, Prajaktha Shinde, K. Divya, Tharun, Teja, Adarsh, Jay Prakash, Aditya Batnakar, J. Yash, V. Arun, Rakesh, M. Dheeraj, E. Sai, Bharath, Sravan Sai, J. Arun, and Rohit Jena.

