



NALLA NARASIMHA REDDY
EDUCATION SOCIETY'S GROUP OF INSTITUTIONS (INTEGRATED CAMPUS)
(Approved by AICTE, PCI, New Delhi. Affiliated to JNTU-Hyderabad)
Chowdarguda(V), Kammala 'T' Road, Ghatkesar (R), Redchal (D), Hyderabad. - 500 080, TS.



Report on 11th International Day of Yoga Date: 22nd June 2025

The NSS Unit of NNRG Yoga and Meditation club of Nalla Narasimha Reddy education society's group of Institutions has celebrated the International day of yoga on 21st June 2025.

Yoga, which means 'Union' in Sanskrit, emphasizes the connection between body, breadth and mind. Yoga, an ancient Indian Practice that harmonizes the body, mind and soul has gained immense popularity worldwide for its numerous physical mental and spiritual benefits. As we celebrate International Day of Yoga (IDY) today, it's the perfect time to embrace this holistic discipline and incorporate a daily yoga routine into our lives. **Dr G Janardhana Raju, certified yoga practitioner**, NNRG, Hyderabad says, "Yoga is a fantastic way to get in shape and take care of your body, mind and spirit. It's not just about fancy poses; it's about feeling good in your skin and connecting with yourself".

While speaking the Director of NNRG, Dr C V Krishna Reddy, yoga creates awareness among the students of this Institute and many students are going to perform various asana's related to Yoga. He appreciated Dr G Janardhana Raju, certified yoga teacher for his efforts not only in this Institution, but also guiding girl's hostel and helping the society. Ultimately everyone gets happiness while performing yoga, he added at the end of the speech.

Around of 130 students of Engineering and Pharmacy and 20 faculty members of this institute practiced various asana's under the guidance of Dr G Janardhana Raju, certified yoga teacher as per International yoga day protocol, Ayush Ministry, Government of India on **21st June** exclusively. During the practice sessions, from 12th to 20th June 2025, more emphasis has been given for prayer followed by some of the asanas's like neck & shoulder stretching, Trunk, & shoulder rotation, Tadasana, Vrikshasana, Pada-hastasana, Ardh-chakrasana, Trikonasana, Bhadrasana, Vajrasana, Ardh-Ushtrasana, Vakrasana, Makrasana, Uttanpadasana, Shalabhasana, Shavasana etc.. Around 400 students and 40 faculty members were involved in practice sessions from **12th- 20th June 2025**.

NSS Programme Officers
(M. Sateesh Kumar Reddy & B. Krishna)

Director



NALLA NARASIMHA REDDY
Education Society's Group of Institutions–Integrated Campus
(UGC AUTONOMOUS INSTITUTION)

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Celebrates

11th International Day of Yoga

21st June 2025

Supported by:




YOGA FOR ONE EARTH, ONE HEALTH

Organised by:
Yoga & Meditation Club







GROUP PHOTO on INTERNATIONAL DAY OF YOGA (2025) with the Director Dr C V Krishna Reddy, Yoga Practitioner Dr G Janardhana Raju, Dean-SoP Dr Krishna Mohan Chinnala, Dean-SoMS Dr T Ravindra Reddy, HoDs of various departments, Faculty and student participants

NNRG Marks Yoga Day 2025 with ‘One Earth, One Health’ Theme

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■ HYDERABAD

Nalla Narasimha Reddy Education Society's Group of Institutions (NNRG) celebrated International Yoga Day 2025 with great enthusiasm on campus, aligning with this year's global theme — “Yoga for One Earth, One Health.”

The event began at 9:30 AM with an inaugural address by Dr. C.V. Krishna Reddy, Director of NNRG, who highlighted the significance of yoga as a gift from India to the world and its vital role in promoting physical, mental, and spiritual well-being. Emphasizing yoga's global impact, he encouraged students and faculty to make yoga a daily habit for a healthier and more focused life.

The celebration was conducted under the leadership of Dr. G. Janardhana Raju, Convener of the Yoga & Meditation Club. The session included a demonstration of various asanas and breathing exercises designed to enhance concentration, flexibility, and inner peace.

Over 150 students and faculty members, along with Deans, Heads of Departments,



and the College Training and Placement Officer, actively participated in the yoga session. Students raised the slogan “Yoga for One Earth, One Health”, underscoring the event's focus on global harmony and personal wellness.

The event reflected NNRG's commitment to nurturing holistic education by



blending academic pursuits with mindfulness and health awareness.