



One Week Celebrations of YOGANDHRA - 2026

on the eve of
INTERNATIONAL YOGA DAY

21ST JUNE 2026

Theme
*Yoga for
Healthy Aging*



Organised by



**DEPARTMENT OF
ECONOMICS**



NSS UNITS



**DEPARTMENT OF
PHYSICAL EDUCATION**



**Principal
Dr M Indira Santhi**



IQAC



**GOVERNMENT COLLEGE FOR MEN
KURNOOL**

Empowering Minds... Enriching Lives... Serving Society...



REPORT ON

ONE-WEEK CELEBRATIONS OF YOGANDHRA – 2026

On the Eve of International Yoga Day – 21st June 2026

Theme: “Yoga for Healthy Aging”

Organised by: NSS Units, NCC, Department of Physical Education, IQAC & Department of Economics, Government College for Men, Kurnool.

Period of Celebration: 15th June 2026 to 20th June 2026

1. Introduction

Yoga is an ancient Indian heritage system that promotes physical fitness, mental peace, emotional balance, and overall well-being. Recognising the importance of yoga in developing a healthy lifestyle among students and society, Government College for Men, Kurnool organised a “One-Week Celebrations of Yogandhra – 2026” from 15th June 2026 to 20th June 2026 on the eve of International Yoga Day (21st June 2026).

The programme was conducted with the theme “Yoga for Healthy Aging”, focusing on the importance of yoga practices for maintaining physical strength, mental stability, stress management, and healthy living across all age groups.

The celebrations commenced on 15th June 2026, the reopening day of the college after summer vacation, and concluded on 20th June 2026, as the college campus was allotted as a NEET Examination Centre on 21st June 2026.



The programme was organised jointly by the NSS Units, NCC, Department of Physical Education, IQAC and the Department of Economics of Government College for Men, Kurnool.

2. Objectives of the Programme

The major objectives of the Yogandhra – 2026 celebrations were:

- ✚ To create awareness among students about the importance of yoga for a healthy and disciplined lifestyle.
- ✚ To promote physical fitness, mental peace, concentration, and emotional well-being among students and staff.
- ✚ To encourage regular practice of yoga postures and breathing exercises for disease prevention and healthy aging.
- ✚ To develop awareness regarding the role of yoga in reducing stress, improving immunity, and enhancing productivity.
- ✚ To encourage participation of students, teaching staff, non-teaching staff, and supporting personnel in wellness-oriented activities.
- ✚ To strengthen the institutional commitment towards health, fitness, and sustainable well-being.

3. Inauguration and Organisation of the Programme

The One-Week Yogandhra – 2026 celebrations began on 15th June 2026 with the guidance and encouragement of the Principal, Dr. M Indira Santhi.

The programme was actively supported by:

Vice Principal: Sri A. Satyanarayana

Physical Director: Sri Y. Sreenivasa Reddy

NSS Unit Coordinators: Sri S. Somasekhar and Sri R. Roshanna

IQAC members, NCC coordinators, faculty members and college staff

Department of Economics Incharge: Dr. K. G. Mallikarjuna

The morning assembly platform was effectively utilised throughout the week for yoga demonstrations, awareness programmes, and motivational speeches.

4. Activities Conducted During the Week

Day-wise Activities

1. 15th June 2026 – Awareness and Inauguration Programme

The celebrations started with an introduction to the importance of International Yoga Day and the theme “Yoga for Healthy Aging.”



Students were sensitised about the benefits of yoga in maintaining physical health, improving concentration, and developing a positive attitude towards life.

2. 6th June 2026 – Demonstration of Yoga Asanas

Various yoga postures and asanas were demonstrated during the morning assembly. Important practices included:

- * Tadasana
- * Vrikshasana
- * Padmasana
- * Bhujangasana
- * Trikonasana
- * Vajrasana
- * Shavasana

Students and staff actively participated in learning the correct methods and benefits of these practices.

3. 17th June 2026 – Yoga and Mental Wellness Awareness

An awareness speech was delivered highlighting the role of yoga in:

- * Reducing stress and anxiety

- * Improving concentration among students
- * Maintaining emotional balance
- * Developing healthy habits

The importance of meditation and breathing exercises was explained.



4. 18th June 2026 – Yoga for Healthy Aging

Special emphasis was given to the theme of the year. Participants were explained how regular yoga practice helps in:

- * Maintaining flexibility
- * Improving body balance
- * Supporting healthy aging
- * Enhancing quality of life

The programme connected traditional Indian knowledge with modern health requirements.

5. 19th June 2026 – Mass Participation Programme

Students from all groups, teaching staff, non-teaching staff, and contingent workers participated enthusiastically. The programme created a sense of unity and collective responsibility towards maintaining a healthy campus environment.

6. 20th June 2026 – Valedictory and Conclusion

The week-long celebrations concluded successfully with appreciation to all participants and organisers. The organisers highlighted the need for continuing yoga practices beyond the celebration period for lifelong wellness.

5. Participation Details

The programme received enthusiastic participation from:

- * Students of all groups and programmes
- * Teaching faculty members
- * Non-teaching employees
- * NCC cadets
- * NSS volunteers
- * Contingent workers

The active involvement of the entire college community reflected the institution's commitment towards promoting health, discipline, and social responsibility.

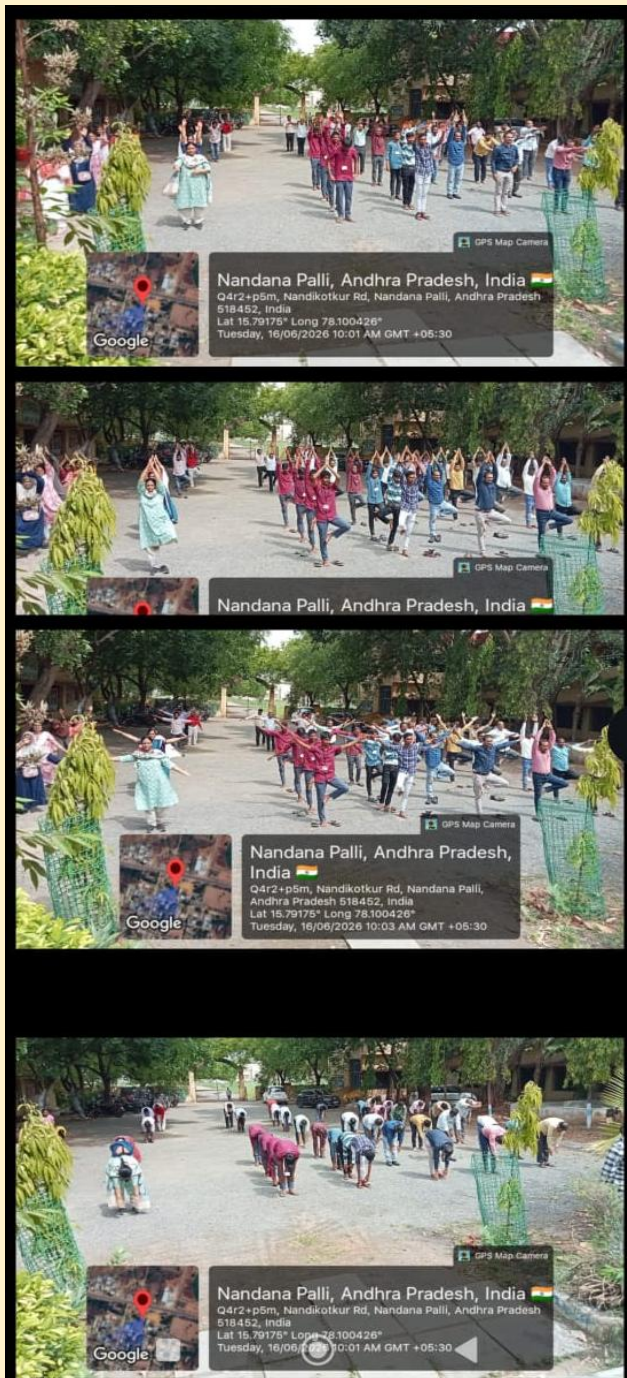


6. Outcomes of the Programme

The Yogandhra – 2026 celebrations achieved the following outcomes:

- ✚ Students gained awareness about the physical and psychological benefits of yoga.
- ✚ Regular yoga practice was encouraged among students and staff for maintaining health and fitness.

- ✚ Participants understood the relevance of yoga in managing stress and improving concentration.
- ✚ The programme created awareness about preventive healthcare and healthy aging.
- ✚ The event strengthened coordination among academic departments, NSS, NCC, Physical Education Department, and IQAC.
- ✚ The programme promoted a culture of wellness and positive lifestyle practices on the college campus.
- ✚ Students developed teamwork, discipline, and social participation through collective activities.



7. NAAC Mapping of the Programme

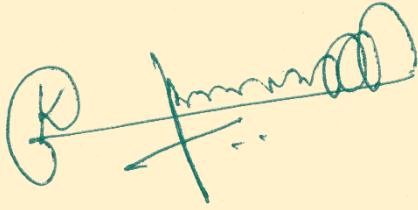
NAAC Criterion	Key Indicator	Mapping Details
Criterion I: Curricular Aspects	1.3 Curriculum Enrichment	Yoga awareness programme supported holistic development and life skills among students
Criterion II: Teaching-Learning and Evaluation	2.3 Teaching Learning Process	Activity-based learning through demonstrations, awareness talks, and practical participation.
Criterion III: Research, Innovation and Extension	3.4 Extension Activities	NSS and NCC involvement promoted community-oriented health awareness.
Criterion IV: Infrastructure and Learning Resources	4.1 Physical Facilities	Utilisation of college assembly area and sports facilities for wellness activities.
Criterion V: Student Support and Progression	5.1 Student support	Promoted physical fitness, mental health awareness, and personality development.
Criterion VI: Governance Leadership and Management	6.1 Institutional Vision and Leadership	Programme conducted with active leadership and support of Principal, IQAC and departments.
Criterion VII: Institutional Values and Best Practices	7.1 Institutional Values	Promoted healthy lifestyle, wellness, inclusiveness, and sustainable campus practices.
SDG Mapping	SDG-3: Good Health and well Being	Encouraged preventive health practices and healthy living.

8. Conclusion

The “One-Week Celebrations of Yogandhra – 2026” at Government College for Men, Kurnool successfully created awareness about the importance of yoga and healthy living. The programme effectively reflected the institution’s commitment towards physical wellness, mental harmony, and holistic student development.

The active participation of students, faculty members, NSS, NCC, Physical Education Department, IQAC, and supporting staff made the event highly successful.

The celebration of the theme “Yoga for Healthy Aging” served as a meaningful initiative towards building a healthier, happier, and more balanced campus community.

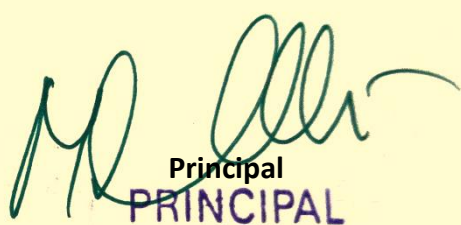


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