

JAWAHARLALNEHRUTECHNOLOGICALUNIVERSITYANANTAPUR OILTECHNOLOGICALANDPHARMACEUTICALRESEARCHINSTITUTE (Accredited by NAAC with "A" Grade) ANANTHAPURAMU-515 001

Program Report

Title of the Event: 11th International Yoga Day Date & Time: 17-06-2025 at 03.30-04.30 P.M

Venue: In front of Pharmacy Building, JNTUA-OTPRI.

Target audience: All I B.Pharmacy, Pharm.D and M.Pharm students.

Organized by: JNTUA-OTPRI NSS UNIT Anantapur.

The Institution has organized a program on 17.06.2025 in the campus on the occasion of the 11th International Yoga Day, observed globally on June 21, 2025. Keeping in view of the importance of the programme, A.P State Government called for YOGANDRA-2025 on various programs with the theme "Yoga for One Earth and one Health." As a part of the celebrations a yoga session is conducted on 17.06.2025. The event aimed to highlight the importance of yoga in promoting physical, mental and emotional well-being, while also fostering social harmony and inner balance. The theme reflected the growing global recognition of yoga as a tool for holistic health and personal transformation, emphasizing the collective responsibility of individuals, communities, and institutions to integrate yoga into daily life for a healthier and more peaceful world.

The program began with the invitation of dignitaries onto the dais, followed by a prayer song. Mrs. S. Lahari, NSS Program Officer, highlighted the importance of International Yoga Day 2025 and its theme "Yoga for One Earth, One Health." She advocated the students to adopt yoga for overall well-being and harmony with nature.

Prof. G. V. Subba Reddy, Director of the Institute has addressed the gathering and emphasizing the transformative role of yoga in fostering physical, mental and emotional well-being. He highlighted the responsibility of academic institutions in nurturing a culture of holistic health among students and faculty. He stressed that regular yoga practice not only enhances personal wellness but also builds resilience, focus, and inner peace—qualities essential for academic and professional success. He appreciated the efforts taken to celebrate **International Yoga Day 2025** and urged everyone to embrace yoga as a lifelong discipline, aligned with this year's theme, "**Yoga for One Earth, One Health.**"

Dr. C. Gopinath, Principal, JNTUA-OTPRI, delivered an insightful address emphasized the vital role of yoga in promoting holistic health and well-being among students and faculty. He highlighted how academic institutions can serve as platforms for fostering mindfulness, discipline, and inner balance through the regular practice of yoga. He spoke about the significance of performing **asanas**, not only as physical exercises but as tools to improve concentration, reduce stress, and maintain overall body-mind harmony. He encouraged everyone to make yoga a part of their daily routine, in alignment with the 2025 theme, **"Yoga for One Earth, One Health."**

















Conclusion:

The celebration of the 11th International Yoga Day at the Institute was a meaningful and impactful event that highlighted the profound benefits of yoga for both individual well-being and global harmony. Nearly 120 faculty and students were participated the Yoga program and followed the various components of Yoga and practiced during the event. With enthusiastic participation from students, faculty, and dignitaries, the event successfully promoted the values of balance, sustainability, and inner peace. The Institute reaffirmed its commitment to integrating yoga as a regular practice and fostering a culture of wellness and mindfulness in academic life and beyond.

The program ended by vote of thanks followed by National Anthem.

Sd/-**DIRECTOR**