



INTERNATIONAL YOGA DAY

Theme: "One World, One Health, One Yoga" "Yoga for Healthy Ageing"

Date: 21 June 2026

Venue: Mamata Educational Society Campus

Organized by: Mamata Medical College, Khammam in collaboration with NSS Unit and Unnat Bharat Abhiyan (UBA)

Introduction

International Yoga Day is celebrated annually on 21st June to promote the physical, mental, and spiritual benefits of yoga. In accordance with the guidelines of the Ministry of AYUSH, the Department of Community Medicine, Mamata Medical College, Khammam organized International Yoga Day 2026 with great enthusiasm and active participation.

Objectives

1. To create awareness about the importance of yoga in maintaining health and well-being.
2. To encourage regular practice of yoga among students, faculty, and community members.
3. To promote a healthy lifestyle and stress management through yoga.

Programme Details

The programme commenced at 6:30AM with the welcome address by Programme coordinator. The gathering was addressed by the Principal who emphasized the significance of yoga in daily life. A certified yoga instructor conducted a yoga session demonstrating various asanas, pranayama techniques, and meditation practices. Participants actively performed the Common Yoga Protocol and learned about the health benefits of each exercise.

Participation

The event witnessed enthusiastic participation from **Mamata Medical College, Mamata Dental College and Mamata College of Nursing**

- Faculty members
- Undergraduate and postgraduate students
- NSS volunteers
- UBA coordinators
- Non-teaching staff
- Community participants

Total Number of Participants: 215

Organized by Dr.K.NitheshKumar, Dr.K.Srilaxmi, Dr.K.Kalyan as per MES instructions.

Activities Conducted

- Mass Yoga Demonstration
- Breathing Exercises and Meditation
- Health Awareness Talk on Yoga and Lifestyle Diseases
- Pledge for Regular Yoga Practice
- Distribution of Information, Education and Communication (IEC) materials

Outcome

The programme successfully enhanced awareness regarding the importance of yoga for physical fitness, mental well-being, and disease prevention. Participants expressed interest in incorporating yoga into their daily routine.

Conclusion

The International Yoga Day 2026 celebration was conducted successfully and achieved its objectives of promoting health, harmony, and holistic well-being. The Department of Community Medicine, Mamata Medical College, Khammam extends gratitude to all participants and organizers for their valuable support and cooperation.

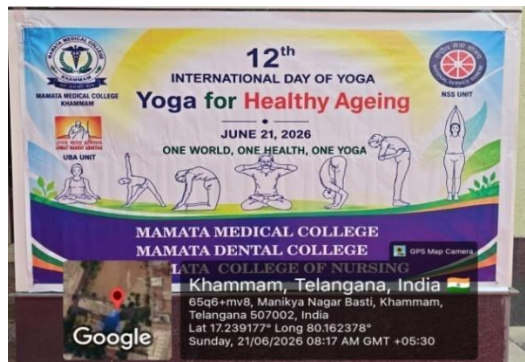
Dr.K.NitheshKumar

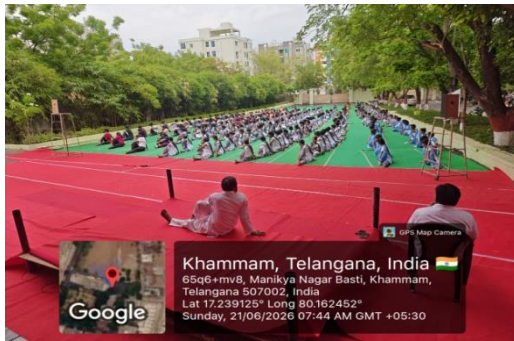
Head of the Department
NSS & UBA Co-ordinator
Department of Community Medicine
Mamata Medical College, Khammam

Dr.B.Anuradha

Principal
Mamata Medical College
Khammam

Photographs





The official theme for this year's International Day of Yoga is the "Yoga for Healthy Ageing" The theme focuses on to the,

- Promoting physical fitness among the older adults
- Improving mental health and emotional balance
- Encouraging preventive healthcare practices
- Supporting the active and healthy lifestyles through yoga