



SAROJINI NAIDU VANITA PHARMACY MAHA VIDYALAYA (Co-Ed)

(Sponsored by the Exhibition Society)

UGC AUTONOMOUS INSTITUTION

Affiliated to Osmania University, Approved by PCI-New Delhi
NBA Accredited B. Pharmacy Course, Accredited with A+ grade by NAAC



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Affiliated to Osmania University, Approved by Pharmacy Council of India, New Delhi
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Ref.: SNVPMV/

Date : 16/June/2026

CIRCULAR

All the students and staff of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.) are hereby informed that the NSS Unit – I. SNVPMV is organizing International Yoga Day Celebrations.

-  Date: 20th June 2026 (Saturday)
-  Time: 10:00 A.M. onwards
-  Venue: Yoga Center, SNVPMV (Co-Ed.)

Guest Speaker and Yoga Instructor: Mrs. Taramati Kulkarni, who holds a Master's Degree from Osmania University and has 30 years of experience as a Yoga Teacher, will grace the occasion.

The programme is organized to create awareness on the importance of yoga for physical fitness, mental well-being and a healthy lifestyle.

Yoga demonstrations and interactive sessions will be conducted as part of the celebrations.

All students and staff members are encouraged to participate actively and make the program a grand success.

NSS Programme Officer

PRINCIPAL AND PROGRAMME OFFICER
NSS UNIT - I

Principal

Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.)
UGC Autonomous Institution
Vijayapuri Colony, Tarnaka, Secunderabad-500 017.



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INTERNATIONAL YOGA DAY

Theme : Yoga for Healthy Ageing

Organized by

NSS UNIT - SNVPMV



DATE: 20 JUNE 2026



VENUE: YOGA CENTER, SNVPMV



TIME: 10:30AM ONWARDS



Mrs. Taramati Kulkarni

M.A in Sanskrit
Yoga Instructor



Ms. Cholleti Sai Nishvitha

Yoga Trainer

Presided by

Dr. B. Prabha Shankar

Chairman, SNVPMV

Dr. B. Haarika
Vice - Principal

Dr. T. Mamatha
Principal

Sri. B. Hanumanth Rao
Hon. Secretary



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REPORT ON INTERNATIONAL YOGA DAY

International Yoga Day Celebration The National Service Scheme (NSS) Unit of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya (Co-Ed.) organized **International Yoga Day – 2026** on **20th June 2026 at 10:30 AM** in the **Yoga Center, SNVPMV**, with the theme **“Yoga for Healthy Ageing.”** The programme was conducted with the objective of promoting physical, mental, and emotional well-being among students and faculty members through the practice of yoga and meditation.

The programme commenced with the welcome of dignitaries and participants, followed by a floral welcome to the guests. The gathering was addressed by **Dr. T. Mamatha, Principal, Dr. B. Haarika, Vice Principal, Smt. Sandhya Deepala, Honorary Treasurer, and Dr. Y. Surender, Physical Director**, who emphasized the importance of yoga in maintaining physical fitness, mental peace, emotional balance, and a healthy lifestyle. They also highlighted the significance of the International Yoga Day theme, **“Yoga for Healthy Ageing,”** and encouraged students and faculty members to incorporate yoga into their daily routine.

The proceedings of the programme were efficiently compered by **Ms. Kanya (Pharm.D IV Year)** and **Ms. Loretta (Pharm.D IV Year)**

The yoga experts were then introduced to the audience. **Mrs. Taramati Kulkarni, Yoga Instructor**, conducted an informative yoga session. The session began with loosening exercises, including neck movements, forward and backward bending, twisting exercises, knee exercises, and rotational movements of the hands to prepare the body for yoga practice.

The practical yoga session included the performance of various asanas such as **Tadasana, Trikonasana, Vrikshasana, Kamarchakrasana, Konasana, Vajrasana, Ushtrasana, Shashankasana, Makarasana, Shalabhasana, Sarpasana, Ardha Halasana, and Shavasana.** Participants also performed **two rounds of Surya Namaskar** under expert guidance.



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Ms. Cholleti Sai Nishvitha, Yoga Trainer, demonstrated the correct techniques and postures, ensuring active participation from all attendees.

The programme also included breathing and relaxation techniques such as **Kapalbhati, Nadi Shodhana Pranayama, and Meditation**, which enabled participants to experience mental calmness, concentration, and inner balance. The session concluded with **Om chanting and a closing prayer**, creating a peaceful and positive atmosphere.

An interactive session was conducted to explain the importance of yoga for healthy ageing and its numerous health benefits. Students and faculty members actively participated and gained practical knowledge about maintaining a healthy lifestyle through regular yoga practice.

The programme concluded with a **Vote of Thanks delivered by Mr. D. Suresh, NSS Programme Officer**, who expressed his sincere gratitude to the Management, Chairman, Principal, Vice Principal, Honorary Treasurer, Physical Director, yoga experts, faculty members, NSS volunteers, and all participants for their support and contribution towards the success of the event. The programme ended with the **National Anthem**, marking the successful conclusion of the International Yoga Day celebrations.

Objectives of the Event

- To create awareness about the benefits of yoga for physical and mental health.
- To promote the theme **“Yoga for Healthy Ageing.”**
- To encourage students and staff to adopt yoga as a daily practice.
- To improve flexibility, concentration, and overall well-being through yoga and meditation.



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Impact of the Event

- Enhanced awareness regarding the importance of yoga in daily life.
- Improved understanding of various yoga postures and breathing techniques.
- Encouraged healthy lifestyle habits among participants.
- Promoted mental relaxation, stress management, and physical fitness.
- Active participation and enthusiasm were observed among students and faculty members.

Conclusion

The celebration of International Yoga Day served as an effective platform to promote awareness about the importance of yoga in maintaining a healthy and balanced lifestyle. Through expert guidance, practical demonstrations, pranayama, meditation, and interactive discussions, the programme successfully encouraged participants to adopt yoga as a part of their daily routine. The event fulfilled its objective of promoting physical fitness, mental well-being, and healthy ageing among students and faculty members.

Acknowledgement

The NSS Unit expresses its sincere gratitude to the **Management, Chairman, Principal, Vice Principal, Honorary Treasurer, and Physical Director of Sarojini Naidu Vanita Pharmacy Maha Vidyalaya** for their constant support and encouragement. We also extend our heartfelt thanks to **Mrs. Taramati Kulkarni, Yoga Instructor, Ms. Cholleti Sai Nishvitha, Yoga Trainer, Mr. D. Suresh, NSS Programme Officer, faculty members, NSS volunteers, and all participants** for their valuable contributions in making the International Yoga Day celebrations a



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grand success. Their collective efforts ensured the successful organization and meaningful impact of the programme.





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INTERNATIONAL YOGA DAY
Organized by
N.S.S. UNIT - SNVPMV
DATE: 20 JUNE 2026
VENUE: YOGA CLUB, SNVPMV
TIME: 10:00AM ONWARDS

INTERNATIONAL YOGA DAY
Theme: Yoga for Healthy Ageing
Organized by
N.S.S. UNIT - SNVPMV
DATE: 20 JUNE 2026
VENUE: YOGA CLUB, SNVPMV
TIME: 10:00AM ONWARDS

Mrs. Yamathi Kulkarni
M.A. in Sanskrit
Yoga Instructor

Dr. B. Haarika
Vice - Principal

Dr. B. Prabha Shankar
Chairman, SNVPMV

Dr. T. Manuatha
Principal



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International Yoga Day Team



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INTERNATIONAL YOGA DAY

List of NSS student volunteers attended

Sl No	Name of the student	Course and Year	Signature
01.	A. Maheshwari	B. pharm 3 rd year	Maheshwari
02.	A. Kavya	B. pharm 3 rd year	Kavya
03.	B. Swatika	B. pharm 3 rd year	Swatika
04.	Sneha	Pharm D 3 rd year	Sneha
05.	Pavani	Pharm D 3 rd year	Pavani
06.	Chandana .K	Pharm D 3 rd year	Chandana .K
07.	V. Shreshtha	Pharm. D 3 rd year	Shreshtha. V.
08.	G. Lakshmi	Pharm D 3 rd year	Lakshmi
09.	Sivash Sathesh	Pharm D 3 rd yr	Sivash
10.	Lippishree	Pharm - D 3 rd yr	Lippishree
11.	Shailaja	Pharm - D 3 rd yr	M. Shailaja
12.	Rakshitha	Pharm D 3 rd yr	Rakshitha
13.	E. Laxmi	Pharm D 3 rd yr	Laxmi
14.	oormila preethu	Pharm D 3 rd yr	oormila
15.	J. Shrayya	B. pharm 3 rd yr	Shrayya
16.	V. Keerthi	B. Pharm 3 rd yr	V. Keerthi
17.	R. Anusri	B. pharm 3 rd yr	R. Anusri
18.	B. Likhitha	B pharm 3 rd yr	B. Likhitha
19.	T. Mithika devi	B. Pharm 3 rd yr	T. Mithika
20.	R. Dhana shree	11	Dhana shree



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21.	D. Koorthe	B. Pharm III rd yr	D. Koorthe
22.	G. Girana pratanna	"	Pratanna
23.	V. Deshiktha Ramani	"	Desiktha
24.	K. Ananya Anu	"	Ananya
25.	N. Bhavya	"	Bhavya
26.	P. Usha Narendhini	"	Narendhini
27.	Anjali	"	Anjali
28.	V. Keerthi	"	Keerthi
29.	T. Manasa	"	Manasa
30.	Shruthi	"	Shruthi
31.	Shravya	"	Shravya
32.	M. Vasundhara	"	M. Vasundhara
33.	S. Divya	"	Divya
34.	P. Preethipriya	"	Preethipriya
35.	Ch. Swetha	"	Swetha
36.	M. Neha	Pharm D III rd yr	Neha
37.	Bhuvana	B. Pharm 3 rd yr	Bhuvana
38.	G. Radhika	"	Radhika
39.	K. Sri Vaishnavi	B. Pharm 3 rd yr	Sri Vaishnavi
40.	K. Saadhikhalaksh	"	Saadhikhalaksh
41.	Longeetha	"	Longeetha
42.	P. Parvathi	"	Parvathi

