

A Report on
International Yoga Day 2025
Theme: Yoga for One Earth, One Health
(21th June 2025)



MALLA REDDY
COLLEGE OF ENGINEERING

Organized by



WELLNESS CLUB

Date: 21th June 2025

Time: 11:00 AM – 12:00 PM

Venue: Library, MRCE

Organized by: MRCE Wellness Club

Resource Person: Mrs. Teegulla Ashwini

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MALLA REDDY COLLEGE OF ENGINEERING

Approved by AICTE - New Delhi, Accredited by NBA (CSE & ECE) Affiliated to JNTUH - Hyderabad,
ISO 9001:2015 Certified Institution, Recognition of College under Section 2(f) & 12(B) of the UGC Act, 1956.



International YOGA DAY

21st June, 2025

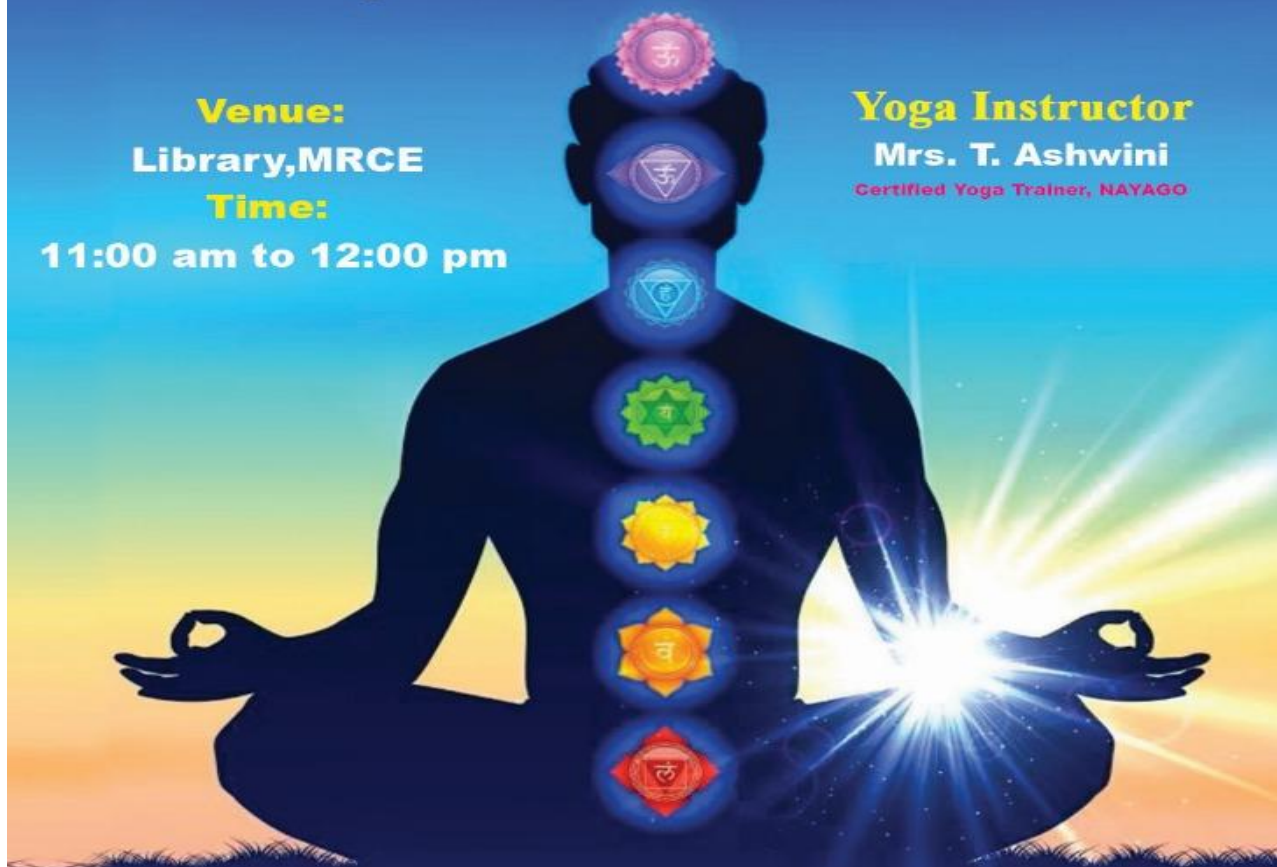
Organized By **MRCE - Wellness Club**

Theme: Yoga for One Earth, One Health

Venue:
Library, MRCE

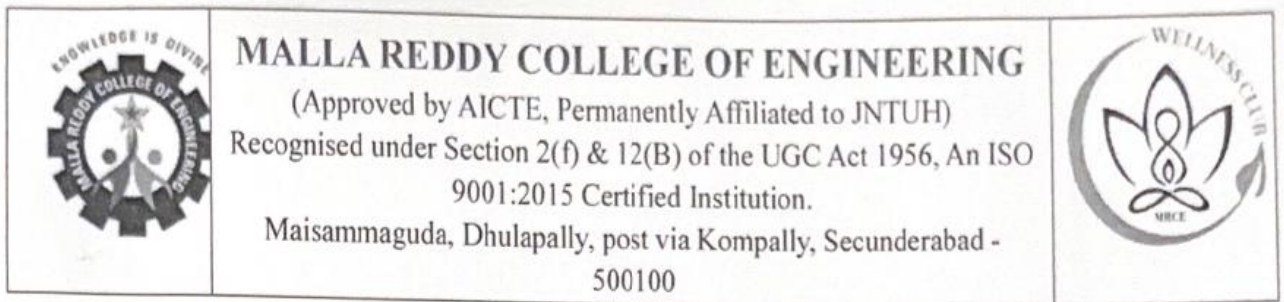
Time:
11:00 am to 12:00 pm

Yoga Instructor
Mrs. T. Ashwini
Certified Yoga Trainer, NAYAGO



CONVENER- Wellness Club
Dr. K. SHANTHI LATHA

PRINCIPAL
Dr. M. ASHOK



Date: 18-06-2025

To
The Principal,
Malla Reddy College of Engineering,
Maisammaguda, Hyderabad

Subject: Request for Permission to Organize International Yoga Day 2025 Celebration

Respected Sir,

On behalf of the **Wellness Club**, I am writing to seek your kind permission and support to organize an event in celebration of **International Yoga Day** on **21st June 2025**, in accordance with the theme announced this year — *"Yoga for One Earth, One Health."*

The program aims to promote physical, mental, and emotional well-being among students and faculty through yoga practice and expert guidance. The proposed activities include a yoga demonstration, expert talk, and student participation in common yoga protocol.


We would be grateful for your approval to conduct the event in the college premises and for your encouragement in involving departments to ensure maximum participation.

Looking forward to your kind approval and guidance.

Thank you.

With sincere regards,

Dr. K Shanthi Latha
Convener – Wellness Club
MRCE


Dr M Ashok
The Principal,
Malla Reddy College of Engineering,
Maisammaguda, Hyderabad



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Maisammaguda, Dhulapally, post via Kompally, Secunderabad - 500100



MRCE/2025-2026/WC/CIR-2

Date : 19-06-2025

MRCE-Wellness Club - CIRCULAR

Dear faculty & students,

The **Wellness Club of MRCE** is pleased to announce the celebration of **International Yoga Day** to promote physical, mental, and emotional well-being through the ancient practice of yoga.

International Yoga Day 2025 Celebration- 21st June.

Theme: "Yoga for One Earth, One Health"

The session will include guided yoga practices, breathing techniques, and a brief talk on the significance of yoga in everyday life.

Event Details:

Date: 21st June 2025 (Saturday)

Time: 11:00am- 12:00pm

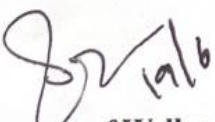
Venue: MRCE-Library

Participants: All students, faculty, and staff members

Dress Code: Comfortable attire suitable for yoga practice (preferably white)

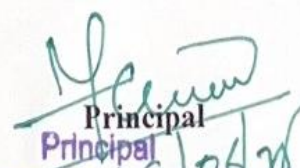
Kindly ensure you bring your own **yoga mat** to participate comfortably in the session.

All are invited to join and participate actively in this holistic wellness initiative.


Convener of Wellness Club

Copy to

1. All Dean's
2. All HOD's
3. AO
4. Library
5. Admin


Principal
MALLA REDDY COLLEGE OF ENGG
Maisammaguda, Dhulapally Post,
Kompally, Secunderabad - 500 100. (T.S.)

Introduction

International Yoga Day is celebrated globally on June 21st to recognize the ancient Indian practice of yoga and its benefits for physical and mental well-being. In line with this global initiative, Malla Reddy College of Engineering (MRCE), through its Wellness Club, organized a vibrant and meaningful celebration on June 21, 2025. The event was themed **"Yoga for One Earth, One Health"**, reflecting the interconnectedness of personal and planetary health.

The celebration was held in the college library and brought together over **200 students** and **20 faculty members**, fostering a spirit of mindfulness, well-being, and harmony.

Objective

- The objectives of the International Yoga Day 2025 event at MRCE were:
- To raise awareness about the importance of yoga in daily life.
- To encourage the adoption of holistic practices for physical and mental health.
- To promote unity and well-being among students and faculty.
- To provide practical guidance on incorporating yoga into regular routines.

Event Overview

The event commenced with the **Lighting of the Lamp**, signifying the start of International Yoga Day 2025 on an auspicious and spiritual note. Principal **Dr. M. Ashok**, guest speaker **Ms. Teegulla Ashwini**, and Wellness Club Convener **Dr. K. Shanthi Latha** took part in the ceremony, invoking positivity and enlightenment.



"Dignitaries lighting the lamp to mark the auspicious beginning of International Yoga Day 2025 at MRCE."



Principal Dr. M. Ashok honored the guest with a traditional pot as a symbol of respect and welcome.

Welcome Address by Dr. K Shanthi Latha



"The Wellness Club Convener welcomed the gathering and briefly outlined the objectives of International Yoga Day 2025."

Inaugural Note by Dr. M. Ashok, Principal, MRCE



"Principal Dr. M. Ashok delivered the inaugural note, emphasizing the importance of yoga in promoting physical, mental, and emotional well-being."



An introduction of the guest speaker, **Ms. Teegulla Ashwini**, was presented by the anchor, recognizing her contributions in the field of yoga and wellness.

Ms. Teegulla Ashwini is a certified yoga instructor with a strong academic and professional background in the field of yoga. She holds an **M.Sc. in Yoga** and a **Postgraduate Diploma in Yoga**, and is a **YCB-certified trainer**. She is a certified instructor from **NAYAGO School of Yoga** and currently serves as a **Guest Faculty at NITHM**. Additionally, she works as a **personal yoga trainer** and is an active member of both the **TYTCC** and the **Surya Yoga Foundation**.



The main segment of the event featured a **Guided Yoga Session**, which included:

1. Foundational **Asanas** (postures)
2. **Breathing exercises** (Pranayama)
3. A concluding **meditation session**







The event concluded with an **interactive Q&A session**, where Ms. Ashwini addressed questions from enthusiastic participants on integrating yoga practices into academic life.



Event Highlights

- Launch of the event with the presence of key dignitaries and Wellness Club members.
- Expert-led yoga session combining theory and practice.
- Thematic decor emphasizing peace, health, and sustainability.
- High level of interaction between the resource person and the audience.

Audience Engagement

The celebration saw **active participation from over 100 students and 20 faculty members**. Participants followed the yoga session with great interest and enthusiasm. The Q&A session reflected deep curiosity and openness to adopting yoga for personal health.

Faculty involvement added credibility and motivation for students, and the atmosphere was filled with positivity and collective mindfulness.

Outcomes

- **Increased awareness** among participants about the benefits of yoga for physical and mental health.
- **Positive feedback** from attendees regarding the hands-on yoga session.
- Enhanced sense of community and well-being across departments.
- Encouragement for regular participation in future wellness activities organized by the Wellness Club.

Felicitation of the Guest – Mrs. Teegulla Ashwini

As a token of appreciation, **Mrs. Teegulla Ashwini** was felicitated by **Principal Dr. M. Ashok** & Team of Wellness club with a memento, recognizing her valuable contribution to the event and her inspiring guidance to the students and faculty.



Closing Remarks

The event concluded with a **Vote of Thanks** delivered by a Wellness Club student coordinator. A **group photo** was taken with all attendees, capturing the spirit of unity and wellness that defined the occasion.

Group photo:



"Participants and organizers gathered for a group photo, capturing the spirit of unity and wellness on International Yoga Day 2025."

Conclusion

The celebration of International Yoga Day 2025 at Malla Reddy College of Engineering was a resounding success. The event not only met its objectives but also fostered a sense of inner calm and community well-being. The Wellness Club remains committed to continuing such initiatives and plans to organize more yoga and wellness sessions in the future.

Prepared by:

Dr. K. Shanthi Latha

Convener, Wellness Club

Malla Reddy College of Engineering