

	EVENT COMPLETION REPORT	
	International Yoga Day 2026	Date: 11/06/2026 & 12/06/2026 Time: 11:00 AM to 2:00 PM
		Venue: VIPS Campus

Organised by: Venkateshwar Institute of Paramedical Sciences

1. Introduction

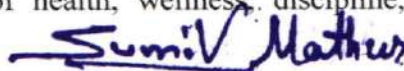
As part of the **National Service Scheme (NSS)** activities under the **25-Day Countdown Programme for International Yoga Day 2026**, Venkateshwar Institute of Paramedical Sciences organized a series of awareness activities to promote the importance of yoga in maintaining a healthy lifestyle. The programme aimed to encourage students to understand the physical, mental, and emotional benefits of yoga through creative and intellectual participation.

To commemorate the occasion, the Institute organized **Rangoli Competition on 11 June 2026**, followed by an **Essay Writing Competition on 12 June 2026**. The activities witnessed enthusiastic participation from students across various departments.

2. Objectives

The programme was organized with the following objectives:

- To create awareness about the importance of yoga in daily life.
- To encourage students to adopt yoga as a healthy lifestyle practice.
- To celebrate the 25-Day Countdown programme for International Yoga Day 2026.
- To develop creativity and critical thinking among students through competitions.
- To promote the values of health, wellness, discipline, and social responsibility through NSS activities.


COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR


PRINCIPAL
VENKATESHWAR INSTITUTE OF
PARAMEDICAL SCIENCES
UMARDA, UDAIPUR

3. Event Highlights

- The programme commenced with a brief introduction to the significance of **International Yoga Day** and the theme "**Yoga for Healthy Lifestyle.**"
- On **11 June 2026**, **Rangoli Competition** is organized at **11:00 AM** in the college campus. Students creatively expressed the importance of yoga through artistic rangoli designs based on yoga and healthy living.
- On **12 June 2026**, another **Essay Writing Competition** was conducted at **11:00 AM**, focusing on the role of yoga in maintaining physical fitness, mental well-being, and overall quality of life.
- Faculty members encouraged students to actively participate and highlighted the lifelong benefits of regular yoga practice.
- Students participated with great enthusiasm, demonstrating creativity, knowledge, and awareness regarding the significance of yoga in modern life.

4. Outcomes

The programme successfully achieved its intended objectives. The following outcomes were observed:

- Students gained a better understanding of the health benefits of yoga.
- Awareness regarding physical fitness, mental wellness, and stress management was significantly enhanced.
- Students actively participated in creative and educational activities, improving their communication and presentation skills.
- The competitions inspired students to incorporate yoga into their daily routine for a healthier lifestyle.
- The programme strengthened the spirit of NSS by promoting community awareness, discipline, and healthy living.

5. Conclusion

The Yoga for Healthy Lifestyle Awareness Programme & Yoga Demonstration Programme conducted under the 25-Day Countdown Programme for International Yoga Day 2026 was successfully organized by Venkateshwar Institute of Paramedical Sciences. The

enthusiastic participation of students and the support of faculty members made the event highly successful. The programme effectively promoted awareness about the importance of yoga and motivated students to embrace a healthier and more balanced lifestyle.

6. Acknowledgements

The Institute expresses its sincere gratitude to the Management of Sai Tirupati University for their constant encouragement and support in organizing this programme.

Special thanks are extended to the Principal, NSS Programme Officer, faculty members, organizing committee, and all volunteers for their dedicated efforts in ensuring the successful execution of the event.

The Institute also appreciates the enthusiastic participation of all students, whose active involvement contributed to the overall success of the programme.



VENKATESHWAR INSTITUTE OF PARAMEDICAL SCIENCES

(A Constituent Unit of Sai Tirupati University, approved under Section 2(f) of the UGC Act, 1956)

STU/VIPS-2026-1763

DATE-02/06/2026

CIRCULAR

NSS Activities under the 25-Day Countdown Programme for International Yoga Day 2026

As part of the National Service Scheme (NSS) activities under the 25-Day Countdown programme for International Yoga Day 2026, our Institute is organizing "Yoga for Healthy Lifestyle Awareness Programme & Yoga Demonstration Programme" to promote awareness about the importance of yoga for maintaining a healthy body and mind.

In accordance with the programme guidelines, various awareness activities are being conducted for the students. All students are informed that the following competitions will be organized:

Date	Time	Activity	Venue
11 June 2026 (Thursday)	11:00 AM onwards	Rangoli Competition (Theme: Yoga for Healthy Lifestyle)	College Campus
12 June 2026 (Friday)	11:00 AM onwards	Essay Writing Competition (Theme: Importance of Yoga in Daily Life)	College Campus

All students are supposed to participate enthusiastically in these competitions and contribute towards spreading awareness about the significance of yoga in achieving a healthy lifestyle.


Principal

Copy to:

- President, SH
- Registrar, SH
- College office
- College notice board

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Yash Jain
unit Incharge
VIPS

(VIPS)

RANGOLI COMPETITION



ESSAY WRITING COMPETITION



Dr. [Signature]
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