



EVENT COMPLETION REPORT

**Event Name– Yoga Awareness Week
(Yoga for Healthy Living)**

Date: 15th & 16th June, 2026

Time: 10:30 AM

Venue: Venkateshwar College of Nursing, Udaipur

Organized by: Venkateshwar College of Nursing and National Service Scheme (NSS)

Introduction

Yoga Awareness Week was organized to promote the importance of yoga as a holistic approach to physical, mental, and emotional well-being. The event aimed to encourage participants to adopt yoga as a regular practice for maintaining a healthy lifestyle, reducing stress, and improving overall quality of life. Throughout the week, various activities were conducted to spread awareness about the benefits of yoga among students, faculty, staff, and the community.

Objectives

- To create awareness about the physical, mental, and spiritual benefits of yoga.
- To encourage participants to incorporate yoga into their daily routines.
- To promote a healthy and stress-free lifestyle.
- To enhance physical fitness, flexibility, and mental concentration.
- To foster a sense of community through collective participation in wellness activities.

Event Highlights

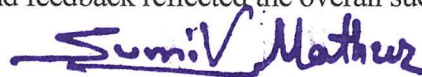
- **Inaugural Session:** The week commenced with an inaugural ceremony emphasizing the significance of yoga in everyday life.
- **Daily Yoga Practice:** Morning yoga sessions were conducted under the guidance of certified yoga instructors, featuring breathing exercises (Pranayama), meditation, and various yoga postures (Asanas).
- **Awareness Lectures:** Expert talks and interactive sessions highlighted the scientific, physical, and psychological benefits of yoga.
- **Demonstrations and Workshops:** Practical demonstrations introduced participants to yoga techniques suitable for different age groups and fitness levels.
- **Student Participation:** Students actively participated in yoga demonstrations, poster presentations, slogan writing, and awareness campaigns promoting healthy living.
- **Closing Ceremony:** The event concluded with a valedictory session, participant feedback, and the distribution of certificates of participation and appreciation.

Outcome

The Yoga Awareness Week received an enthusiastic response from participants. The event successfully increased awareness of the importance of yoga and motivated many individuals to adopt healthy lifestyle practices. Participants reported improved relaxation, better concentration, enhanced flexibility, and a greater understanding of stress management techniques. The activities also strengthened community engagement and encouraged regular participation in wellness initiatives.

Conclusion

Yoga Awareness Week successfully achieved its objectives by promoting the value of yoga in maintaining physical health and mental well-being. The event inspired participants to embrace yoga as a lifelong practice and reinforced the importance of preventive healthcare through regular physical activity and mindfulness. The positive participation and feedback reflected the overall success of the program.


COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR


PRINCIPAL
VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

Acknowledgement

The organizing committee expresses sincere gratitude to the management, principal, faculty members, yoga instructors, volunteers, and all participants for their valuable support and enthusiastic involvement in making Yoga Awareness Week a grand success. Special thanks are extended to everyone who contributed their time, effort, and resources to ensure the smooth planning and execution of the event. Their cooperation and dedication played a vital role in achieving the objectives of the program.


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PRINCIPAL

VENKTESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

VENKTESHWAR COLLEGE OF NURSING

UMARDA, UDAIPUR

DATE: 08TH June 2026

CIRCULAR

All faculty members and students are hereby informed that the **NSS Unit of Sai Tirupati University** is organizing activities in connection with the celebration of "International Yoga Day 2026" to promote awareness regarding the importance of yoga for physical, mental, and emotional well-being.

As a part of this celebration, "Venkteshwar College of Nursing, Udaipur" will organize the following competitions for students:

DATE: 15 June 2026

EVENT: Poster Making Competition

THEME: Yoga Awareness

DATE: 16 June 2026

EVENT: Reel Making Competition

THEME: Yoga for Healthy Living

All NSS Volunteer/Students are encouraged to participate actively and showcase their creativity while spreading the message of yoga and healthy lifestyle practices.

Your cooperation and enthusiastic participation will make this celebration successful.

VENUE: Venkteshwar College of Nursing, Udaipur


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UDAIPUR (RAJ.)

Sai Tirupati University

((Established by the Rajasthan State Legislative Assembly and as per Sec. 2(f) of UGC Act 1956.)

Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

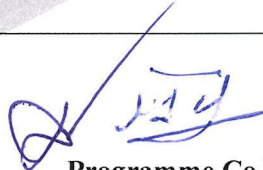
NATIONAL SERVICES SCHEME

Attendance List

Name of Institute: Venketeshwar College of Nursing
Event: Poster making competition Co-ordinator Mr. Giriraj Siv
Venue: VCON Date: 15-06-2026

S.No.	Name	Branch/Batch	Sign/Attendance
1	Sagar Bala	Bsc Nursing IV Sem	<u>Sagar</u>
2	Faisal Khan	BSC Nursing II Sem	<u>Faisal Khan</u>
3	Gaurind Parihar	BSC Nursing II Sem	<u>Gaurind</u>
4	Bhatta Ram	BSC Nursing IV Sem	<u>Bhatta</u>
5	Ajuni Jat	BSC Nursing II Sem	<u>Ajuni</u>
6	Pawan Jat	BSC Nursing II Sem	<u>Pawan Jat</u>
7	Ananya Mondal	BSC Nursing I Sem	<u>Ananya</u>
8	Dimple Bishnoi	BSC Nursing II Sem	<u>Dimple</u>
9	Pooja Bishnoi	BSC Nursing II Sem	<u>Pooja</u>
10	Titiksha Mal	BSC Nursing II Sem	<u>Titiksha</u>
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Program Officer
Mr. Anand Trivedi
7014619652


Programme Co-ordinator
Mr. Giriraj Charan

6377260677

VENKETESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

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Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

NATIONAL SERVICES SCHEME

Attendance List

Name of Institute: Venkteshwar College of Nursing
Event: Reel making Comp. (Yog Theme) Co-ordinator Mr. Giriraj Charan
Venue: VCON Date: 16-06-2026

S.No.	Name	Branch/Batch	Sign/Attendance
1	Ananya Mondal	BSc Nursing II Sem	Ananya
2	Bagar Bal	BSc Nursing IV Sem	Bagar
3	Faisal Khan	BSc Nursing II Sem	Faisal Khan
4	Gourind Parihar	BSc Nursing II Sem	Gourind
5	Bhatta Ram	BSc Nursing IV Sem	Bhatta Ram
6	Arjun Jat	BSc Nursing II Sem	Arjun
7	Pawan Jat	BSc Nursing II Sem	Pawan Jat
8	Dimple Bishnoi	BSc Nursing II Sem	Dimple
9	Pooja Bishnoi	BSc Nursing II Sem	Pooja
10	Titiksha mal	BSc Nursing II Sem	Titiksha
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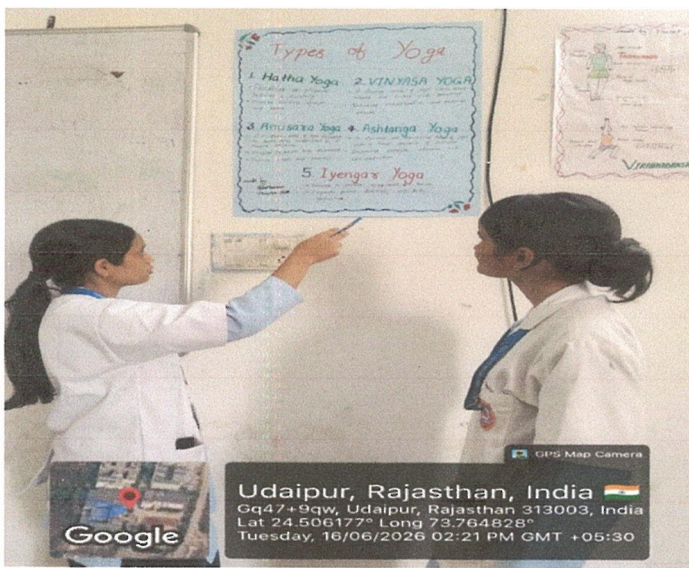
PICTURES



Umarda, Rajasthan, India
Gq48+f3x, Ambua Rd, Umarda, Rajasthan 313003, India
Lat 24.506456° Long 73.765264°
Tuesday, 16/06/2026 03:08 PM GMT +05:30



Umarda, Rajasthan, India
Gq48+q3w, Ambua Rd, Umarda, Rajasthan 313003, India
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Wednesday, 24/06/2026 01:41 PM GMT +05:30



Udaipur, Rajasthan, India
Gq47+9qw, Udaipur, Rajasthan 313003, India
Lat 24.506177° Long 73.764828°
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Umarda, Rajasthan, India
Gq48+q3w, Ambua Rd, Umarda, Rajasthan 313003, India
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Umarda, Rajasthan, India
Gq48+q3w, Ambua Rd, Umarda, Rajasthan 313003, India
Lat 24.506693° Long 73.765371°
Monday, 15/06/2026 10:42 AM GMT +05:30



Udaipur, Rajasthan, India
Gq48+26m, 32, Ambua Rd, Umarda, Udaipur, Rajasthan 313003, India
Lat 24.505263° Long 73.764985°
Monday, 15/06/2026 11:44 AM GMT +05:30

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