



**SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)**
OWNED AND MANAGED BY CORK INDUSTRIES CHARITIES TRUST
(Affiliated to the University of Madras and Accredited with 'A+' Grade by NAAC)
Chromepet, Chennai - 600 044.

EVENT REPORT

1. Event Details

Particulars	Details
Event Title	International Yoga Day 2026 – Celebrating Wellness through Yoga
Type of Event	Awareness Programme / Yoga Workshop
Organizing Department/Cell	Students' Council and Fitness & Wellness Club
Date & Time	20 June 2026, 11:00 a.m.
Venue	Indoor Stadium
Duration	Approximately 2 Hours (or the actual duration if known)
Number of Participants	149

2. Resource Person Details

Particulars	Details
Name	Mr. Satheesh Santhanam & Mrs. Maheswari Satheesh
Designation	E-RYT 500, YACEP Yoga Teachers; Co-Founder & Managing Director / Founder & Director
Organization	Mokshaa Yoga
Area of Expertise	Traditional Hatha Yoga, Therapeutic Yoga, Women's Health Yoga, Pranayama & Meditation, Stress Management

3. Objectives of the Event

- To create awareness about the significance of International Yoga Day.
- To promote physical fitness, mental well-being, and a healthy lifestyle through yoga.
- To encourage students and faculty members to practise yoga regularly.
- To highlight the importance of yoga in achieving harmony between the body and mind.

4. Brief Report of the Event

Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous) celebrated International Yoga Day on 20th June 2026, ahead of the globally observed International Day of Yoga



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on 21st June, with the theme "Celebrating Wellness through Yoga." The programme was organized by the Students' Council and the Fitness & Wellness Club at the Indoor Stadium.

The programme commenced with a warm welcome and an introduction highlighting the significance of International Yoga Day. Our beloved Principal, S/Lt. K. Kanthimathi, felicitated the distinguished resource persons, Mr. Satheesh Santhanam, Co-Founder and Managing Director of Mokshaa Yoga, and Mrs. Maheswari Satheesh, Founder and Director of Mokshaa Yoga.

A total of 149 participants, including faculty members and students, actively participated in the programme. The session began with warm-up exercises followed by a variety of standing and sitting yoga asanas demonstrated by the resource persons. They explained the benefits of each posture and emphasized that regular yoga practice improves physical health, enhances mental peace, reduces stress, and promotes overall well-being. The participants enthusiastically performed the yoga postures and were encouraged to incorporate yoga into their daily lives for a healthy and balanced lifestyle.

The programme concluded with a vote of thanks, expressing gratitude to the Principal, resource persons, faculty members, student volunteers, and all participants for making the event a grand success.

5. Outcomes of the Event

- Enhanced awareness of the importance of yoga for physical and mental well-being.
- Encouraged participants to adopt yoga as a part of their daily routine.
- Improved understanding of stress management and healthy living practices.
- Promoted holistic wellness and harmony among students and faculty members

6. Participant Details

- Students: 149
- Faculty: 10
- External Participants: 2
- Total Participants: 161

7. Feedback Summary

The participants expressed positive feedback about the programme and appreciated the practical yoga demonstrations and informative session conducted by the resource persons. They found the event beneficial in understanding the importance of yoga for maintaining physical fitness, mental peace, and overall well-being.



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8. Enclosures

- ✓ Event Brochure/Invitation
- ✓ Attendance Sheet(signed)
- ✓ Photographs with Geotag
- ✓ Feedback (data & analysis)

A feedback survey was conducted among participants to evaluate the effectiveness of the International Yoga Day programme.

- Most participants responded positively: 76.6% felt relaxed and refreshed after the session, 76.6% found the yoga practices easy to understand, 86.7% appreciated the clarity of the trainers' instructions, 76.7% felt the session duration and pace were appropriate, and 80% were satisfied with the overall organization. The remaining participants mostly expressed neutral opinions. Overall comments such as "Excellent," "Awesome," "Very useful," and "I really enjoyed the session" reflected high participant satisfaction.

Analysis

The feedback indicates that the International Yoga Day programme was well received by the participants. Most respondents appreciated the trainers' clear demonstrations, the practical yoga session, and the overall organization of the event. The session effectively promoted awareness about the importance of yoga for physical fitness, mental well-being, and stress management. Overall, the programme achieved its objectives and encouraged participants to incorporate yoga into their daily lives.

10. Signatures

Event Coordinator: *S. Hemamalini R. Sridhar*

Head of Department: *S. Hemamalini R. Sridhar*