

Ten Days of Yoga, Wellness, and Community Outreach Mark AKC Yogotsav 2026

The institutions of Apollo Knowledge City (AKC), comprising Apollo Institute of Medical Sciences and Research (AIMSR), Apollo College of Nursing (ACON), and The Apollo University (TAU), successfully organized **AKC Yogotsav 2026** from **10 June to 20 June 2026** as part of the International Day of Yoga celebrations 2026. Organized under the theme **“Yoga for One Earth, One Health”**, the ten-day event was coordinated by the **Yoga and Meditation Club** in association with the Directorate of Student Affairs and the Directorate of Physical Education. The celebrations aimed to promote physical fitness, mental well-being, mindfulness, and holistic health among students, faculty members, staff, and the community.

The Yogotsav was inaugurated on **10 June 2026** at the **Dr. Prathap C. Reddy Knowledge Centre Auditorium** by **Dr. H. Vinod Bhat, Hon'ble Vice Chancellor, The Apollo University**. The inaugural function was attended by **Dr. Nitin M. Nagarkar, Vice Chancellor Designate, Mr. Anil Kumar S., Registrar, Dr. Alfred J. Augustine, Dean, AIMSR**, faculty members, students, and staff. In his inaugural address, Dr. Vinod Bhat highlighted that yoga is not merely a physical exercise but a holistic way of life that contributes to physical health, emotional stability, mental wellness, and spiritual growth. He encouraged students to incorporate yoga into their daily routine and emphasized its role in addressing stress and lifestyle-related challenges in modern society.

A major highlight of the celebrations was the **Three-Day SKY Yoga Foundation Certification and Wellness Training Program** conducted from **10 to 12 June 2026** by expert SKY Yoga Masters from Tirupati. The program provided training in simplified physical exercises, meditation techniques, introspection practices, and stress management strategies. Participants actively engaged in the sessions and gained valuable insights into holistic wellness, self-awareness, and healthy living. Upon successful completion of the program, students were awarded SKY Yoga Certification Certificates in recognition of their participation and commitment.

As part of the outreach initiatives, the Yoga and Meditation Club organized a **“Yoga for Healthy Ageing”** programme at the **RASS Old Age Home, Chittoor**. The activity and demonstration focused on promoting the importance of yoga and healthy living among senior citizens. Students interacted and shared the basic loosening and breathing exercise with the residents, spent meaningful time with them, and highlighted the role of yoga in maintaining physical fitness, mobility, mental health, and overall well-being. The visit also raised values of compassion, empathy, and social responsibility among the students.

To encourage physical fitness and regular yoga practice, the Club conducted the **AKC Surya Namaskar Challenge 2026** on **16 June 2026**, which witnessed enthusiastic participation from nearly **96 students**. The event created awareness about the benefits of Surya Namaskar and inspired participants to adopt yoga as an integral part of their

lifestyle. The challenge was conducted successfully and received an encouraging response from students across the campus. In the **AKC Surya Namaskar Challenge 2026**, **Kovvuri Deepya** (B.Sc. Optometry, I Year, I Semester) secured **First Prize**, **S. Naziya** (B.Sc. Nursing, I Year, II Semester) won **Second Prize**, and **R. Mohan Krishna** (B.Sc. Optometry, I Year, I Semester) secured **Third Prize** for their outstanding performance and enthusiasm in promoting physical fitness and yogic practice through Surya Namaskar.

The celebrations also extended beyond the University campus through a **Youth Yoga Awareness and Demonstration Programme** conducted at the **AP Residential Minorities Girls School, Chittoor**. During the programme, various yoga postures, breathing exercises, and relaxation techniques were demonstrated to approximately **120 school students**. The students actively participated in the session and were encouraged to adopt yoga practices to improve their physical and mental well-being.

Further strengthening community engagement, the Yoga and Meditation Club organized a **Yoga Awareness Programme** at a nearby petrol pump. Members of the Club interacted with staff and members of the public, creating awareness about the importance of yoga, stress management, and healthy lifestyle practices. The initiative received positive feedback and effectively communicated the message of wellness to the wider community. To engage students creatively, the Club organized the **Campus Yoga Reel Challenge 2026** from **7 to 15 June 2026**. The competition encouraged students to creatively showcase yoga practices and wellness messages through short video reels. The event generated enthusiastic participation and served as an innovative platform for spreading awareness about yoga through digital media. In the **Campus Yoga Reel Challenge 2026**, **P. Dilip Kumar** (B.Sc. Physician Assistant Studies, III Year, VI Semester, SoHS) secured **First Prize**, **M. Dharani** (B.Sc. Respiratory Therapy Technology, II Year, IV Semester, SoHS) won **Second Prize**, and **J. Tanusha** (B.Tech CSE-AIDS, III Year, VI Semester, SoT) secured **Third Prize** for their creative and inspiring yoga-themed reels.

The celebrations concluded with the **International Day of Yoga 2026 Grand Finale**, held on **20th June 2026** at the **ASTRA AKC Ground** in collaboration with the **Isha Foundation**. The event witnessed the participation of **600 students, faculty members, staff, yoga practitioners, and community members**. The programme commenced with the Common Yoga Protocol, followed by Surya Namaskar, Pranayama, guided meditation sessions, and a special session titled “**Mind of Miracle**” facilitated by experts from the Isha Foundation. The sessions enabled participants to experience the physical, mental, and emotional benefits of yoga while reinforcing the importance of mindfulness and inner well-being.

Addressing the gathering during the valedictory ceremony, **Dr. H. Vinod Bhat** emphasized that yoga is a pathway to a healthier and more balanced life and encouraged participants to continue practicing yoga regularly. **Dr. Nitin M. Nagarkar**,

Vice Chancellor Designate, highlighted the positive impact of yoga on physical fitness, mental health, and personal development. Winners of the **Surya Namaskar Challenge 2026** and the **Campus Yoga Reel Challenge 2026** were felicitated during the event.

The successful organization of AKC Yogotsav 2026 was the result of the collective efforts of the **Yoga and Meditation Club, Directorate of Student Affairs, and Directorate of Physical Education**. The event was coordinated under the leadership of **Mr. V. Daniel, Assistant Director, Directorate of Student Affairs, Dr. Kavitha S., Faculty Coordinator, Yoga and Meditation Club, and Physical Education Assistant Directors Mr. Dilip Kumar Y. and Ms. P. Sumalatha**, with the support of faculty members, student volunteers, and institutional leadership. Through a series of meaningful activities, AKC Yogotsav 2026 successfully promoted the spirit of yoga and reinforced the message of **“Yoga for One Earth, One Health.”**