



**UNNAT BHARAT ABHIYAN &
SWAMI DAYANADA COLLEGE OF ARTS & SCIENCE,**
(Affiliated to Bharathidasan University)
(Accredited by NAAC with 'A' Grade –First Cycle)
(Recognized by UGC u/s 2(f) & 12(B))
(An ISO 9001-2015 Certified Institution)
Swami Dayananda Compus, Manjakkudi- 612 610.
Tiruvarur District

PROGRESS REPORT

JUNE, 2026

UBA Coordinator's Name: T.Nagarathinam, Assistant Professor in Computer Science Department
Email : atnaga123@gamil.com
Phone Number : 9952704651

S.NO	ADOPTED VILLAGES	TALUKA(Block)	DISTRICT
1	Sengalipuram	Kodavasal	Tiruvarur
2	Pudukkudi		
3	Neikkupai		
4	Paruthiyur		
5	Moolangudi		

List of Activities:

International Yoga Day Celebrations 2026: Building Healthy Villages through Yoga- 20-June-2026.

Need of the Activity

Yoga is an effective practice for promoting physical fitness, mental well-being, and a healthy lifestyle. In rural areas, awareness of yoga can help people prevent lifestyle-related diseases, reduce stress, and improve overall quality of life. With the vision of creating healthier communities and encouraging holistic wellness, Swami Dayananda College of Arts & Science, Majakkudi, in association with Unnat Bharat Abhiyan (UBA), organized the “International Yoga Day Celebrations 2026 – Building Healthy Villages through Yoga.” The programme aimed to educate students and villagers about the importance of yoga and motivate them to adopt healthy habits for sustainable community development.

Details of the Activity

Swami Dayananda College of Arts & Science, Majakkudi, jointly with Unnat Bharat Abhiyan (UBA), organized the “International Yoga Day Celebrations 2026 – Building Healthy Villages through Yoga.” The programme commenced with Tamizh Thai Vazhthu and prayer songs. The welcome address was delivered by Dr. V. Hema, Principal, Swami Dayananda College of Arts & Science, Majakkudi. The inaugural address was given by Mr. S. Rajagopal, CEO, who emphasized the importance of yoga in maintaining a healthy body and mind. Mrs. M. Sathya, M.P.Ed., Inspector of Police, ACTU, Tiruvarur, delivered the special address and highlighted the significance of physical fitness and self-discipline.

Dr. Sivaranjani, Ayush Medical Officer, Yoga and Naturopathy Department, Government Primary Health Centre, addressed the participants on the health benefits of yoga and naturopathy. A practical yoga demonstration was conducted to train participants in various yoga postures and breathing techniques. Dr. K. Manivasagam, Head of the Department of Tamil, Swami Dayananda College of Arts & Science, Majakkudi, coordinated the yoga demonstration session. The programme concluded with the vote of thanks delivered by Dr. T. Nagarathinam, Assistant Professor in Computer Science and UBA Coordinator of the institution, followed by the National Anthem. A total of 113 participants, comprising UBA adopted village beneficiaries and college students, actively participated and benefited from the programme.

Impact of the Program

The programme created significant awareness among the participants about the role of yoga in maintaining physical health, mental peace, and emotional balance. The yoga demonstration enabled participants to learn and practice simple yoga techniques that can be incorporated into their daily routines. The expert talks increased awareness regarding preventive healthcare, stress management, and healthy living practices. The active participation of both UBA adopted village beneficiaries and college students strengthened community engagement and promoted the concept of building healthy villages through yoga.

Outcome

- The programme enhanced awareness among UBA adopted village beneficiaries and college students about the importance of yoga for physical and mental well-being.
- Participants gained practical knowledge of yoga postures, breathing exercises, and healthy lifestyle practices through the demonstration session.
- The activity motivated participants to incorporate yoga into their daily routine for better health, fitness, and stress management.
- The programme promoted preventive healthcare and holistic wellness, contributing to the vision of building healthy villages.
- A total of 113 participants, including UBA adopted village beneficiaries and college students, actively participated and benefited from the programme.



Next action Plan

S.No	Activity to be conducted (along with reason)
1	The International Yoga Day Celebration at UBA Adopted Villages

Coordinator
 Dr. T.Nagarathinam,
 Assistant Professor in Computer Science
 Swami Dayananda College of Arts & Science,
 Manjakkudi.


PRINCIPAL
 Principal
 Swami Dayananda
 College of Arts & Science
 Manjakkudi-612 619