



**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

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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 2026: Building Healthy Villages through Yoga-Date: 21-June-2026.

Need of the Activity

Yoga is an ancient practice that promotes physical health, mental well-being, and emotional balance. In today's fast-paced lifestyle, students often face stress, anxiety, and health-related challenges. The observance of International Yoga Day aims to create awareness about the importance of yoga and encourage individuals to adopt yoga as a part of their daily routine. Through Unnat Bharat Abhiyan, the institution strives to promote healthy living and holistic development among students and the community.

Details of the Activity

The International Yoga Day Celebration was jointly organized by the Unnat Bharat Abhiyan (UBA) Cell and Swami Dayananda College of Arts & Science, Manjakkudi, on 21 June 2026 at the Pudukkudi. The program commenced with a welcome address, followed by a special session on the significance of yoga. Dr.P. Vijayram, Yoga Specialist, Vethathiri Yoga Centre, Kumbakonam served as the resource person for the event. He elaborately explained the various physical, mental, and spiritual benefits of yoga and highlighted its importance in maintaining a healthy lifestyle.

Dr. P. Vijayram also conducted a practical yoga training session, demonstrating various yoga postures, breathing techniques, and relaxation exercises. Students and people from various villages actively participated in the session and practiced yoga under his guidance. A total of **27 peoples** participated in the program and benefited from the training session. The event concluded with a vote of thanks

Impact of the Program

The program created awareness among students about the importance of yoga in maintaining physical fitness and mental well-being. Participants learned simple yoga practices that can be incorporated into their daily lives to reduce stress, improve concentration, and enhance overall health.

The session motivated students to adopt healthy habits and develop a positive attitude toward personal wellness. The active participation of 27 peoples reflected the success of the program and its contribution to promoting a healthy and balanced lifestyle in line with the objectives of Unnat Bharat Abhiyan.

Outcome

- Awareness on the benefits of yoga was enhanced among students.
- Students learned basic yoga postures and breathing techniques.
- Physical and mental wellness practices were promoted.
- A total of 136 students benefited from the program.
- The event supported the objectives of Unnat Bharat Abhiyan in fostering community health and well-being.



Dr. P. Vijayram, Yoga Specialist, Vethathiri Yoga Centre, Kumbakonam, served as the resource person for the event and elucidated the benefits and techniques of yoga



Dr. P. Vijayram Demonstrating Yoga Practices and Guiding Participants During the Session.

Next action Plan

S.No	Activity to be conducted (along with reason)
1	Village and House hold survey

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