ANNUAL REPORT 2025-26

Yoga Club

Parala Maharaja EngineeringCollege(PMEC), Berhampur

"Yoga for Wellness, Harmony and a Healthy Life"

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Introduction

Theyear2025–26 was an active and enriching period for the Yoga Club of Parala Maharaja Engineering College (PMEC), Berhampur. Through yoga sessions, collaborative programmes, performances, and student activities, the club encouraged the college community to recognise the value of physical fitness, mental well-being, discipline, flexibility, and a balanced lifestyle. The club provided opportunities for students to practise yoga, demonstrate their skills, and participate in events within and beyond the campus. These activities promoted teamwork, confidence, concentration, and awareness of the benefits of regular yoga practice.

Activities and Events Conducted During 2025–26

Thefollowingsectionspresentthemajorprogrammesandperformances of the Yoga Club. Date and venue fields have intentionally.

No.	Programme
1	International Yoga Day
2	Yoga Session with NCC Cadets
3	Yoga Day Session — PMEC
4	Youth Leadership Camp 2K25 — Collaborative Event with NSS
5	ARENA 2K26 — Yoga Club Performance
6	EXUBERANCE 2K26 — Yoga Club Performance
7	YOGAVERSE 2K26 — Yoga Club, PMEC
8	Yoga Club — Group Photographs

Activities and Events Conducted During 2025–26

The following sectionspresentthemajorprogrammesand performances of the Yoga Club.
Date and venue fields have intentionally been left blank for completion.

1. International Yoga Day

International YogaDay providedan opportunity to promote the importance of yoga as a practice for physical health, mental clarity, and overall well-being. Students participated in group yoga activities and postures that encouraged flexibility, balance, breathing awareness, and discipline. The programme highlighted the value of making yoga a regular part of everyday life.

Date : 21 June 2026

Venue : At PMEC Playground







2. Yoga Session with NCC Cadets

Theyoga sessionwith NCCcadetsbrought students together for a shared practice focused on fitness, concentration, discipline, and coordination. Group participation encouraged cadets and students to practise yogain a structured setting and recognise its contribution to physical preparedness and mental calmness.

Date : 20 September 2025

Venue : At PMEC Playground







3. Yoga Day Session — PMEC

TheYoga Day Session atPMECencouraged students to participate in yoga and mindfulness activities in a common campus setting. The session emphasised controlled breathing, posture, stretching, and concentration, while promoting the role of yoga in maintaining a healthy and balanced student life.

Date : 27 February 2026

Venue : Near Academic Building,PMEC





4. Youth Leadership Camp 2K25 — Collaborative Event with NSS

TheYouth LeadershipCamp2K25wasacollaborative activity with theNational Service Scheme (NSS). The programme connected yoga and wellness with student leadership, cooperation, and community participation. Such collaborative activities help students appreciate the importance of healthy habits, self-discipline, and working together toward shared goals.

Date : 24 October 2025

Venue : At PMEC Library











5. ARENA 2K26 — Yoga Club Performance

TheYoga Club performance at ARENA 2K26showcased the participants' practice, coordination, balance, strength, and teamwork through a stage presentation. The performance brought yoga to a cultural-event audience and demonstrated how regular practice can develop confidence, control, and expressive presentation.

Date : 24 February 2026

Venue : At PMEC Playground







6. EXUBERANCE 2K26 — Yoga Club Performance

At EXUBERANCE2K26, the YogaClubpresented a performance highlighting the discipline and teamwork involved in yoga demonstrations. The participants combined posture, balance, strength, and coordination to create an engaging presentation for the audience. The performance reflected the commitment of club members and their contribution to the college's cultural activities. performance reflected the commitment of club members and their contribution to the college's cultural activities.

Date : 26 March 2026

Venue : AT PMEC Stage















7. YOGAVERSE2 K26 — YogaClub, PMEC

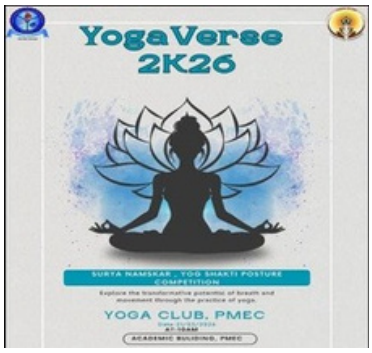
YogaVerse 2K26 was organisedby theYogaClub,PMEC, as a platform to celebrate yoga, fitness, flexibility, and self-discipline. The event poster announced the Surya Namaskar and Yog Shakti Posture Competition. Participants demonstrated yoga postures and skills, encouraging healthy competition, confidence, concentration, and greater awareness of yoga and wellness.

Date :21 March 2026

Venue : At Academic Building, PMEC











8. Yoga Club — Group Photographs

The group photographs capture the participation, friendships, and shared commitment of Yoga Club members, students, instructors, and the college community. These moments represent the team spirit and collective effort behind the club's activities throughout the year.











Key Highlights of the Year

- ***Promotionof wellness:*** Encouraged physical fitness, mental well-being, and healthy habits through yoga-related activities.
- ***Student participation:*** Provided opportunities for students to join group sessions, collaborative programmes, and performances.
- ***Skill and confidence development:*** Helped participants practise balance, flexibility, coordination, concentration, and stage confidence.
- ***Collaboration:*** Participated in a collaborative programme with NSS and contributed to campus-level activities.
- ***Cultural contribution:*** Represented the Yoga Club through performances at ARENA 2K26 and EXUBERANCE 2K26.
- ***Yoga awareness:*** Used Yoga Day activities and YogaVerse 2K26 to promote the value of yoga and regular practice.

CONCLUSION

Theactivitiesandevents of 2025–26 reflect the Yoga Club's commitment to promoting physical fitness, mental well-being, discipline, and a balanced lifestyle at Parala Maharaja Engineering College. Through yoga sessions, collaborative programmes, cultural performances, and YogaVerse 2K26, the club created opportunities for students to practise yoga, develop confidence, and work together as a team.

The Yoga Club remains committed to encouraging regular yoga practice and building a healthier, more mindful campus community with the continued participation and support of students and the college.

The Yoga Club, PMEC, Berhampur
Reporting Year: 2025–26