

INTERNATIONAL DAY OF YOGA-2025

The International Day of Yoga was observed in our institution on 21st June 2025 with great enthusiasm and active participation from both staff and students. The programme aimed at promoting physical, mental, and spiritual well-being through the practice of yoga.

The event commenced in the morning with a brief introduction on the significance of the International Day of Yoga, followed by a warm-up session. A large number of staff members and students attended the programme and practiced various yoga postures under the guidance of trained instructors.

A notable highlight of the day was the demonstration session conducted by Dr. Aryaputri Sthitapragyan, who served as the Yoga Demonstrator for the event. Dr. Sthitapragyan demonstrated different asanas and breathing exercises with clarity and precision, helping participants understand their benefits and correct techniques. Her demonstration greatly motivated the attendees and enhanced the learning experience.

The session concluded with a meditation practice and a collective pledge to incorporate yoga into daily life for a healthier and more balanced lifestyle. The programme was successful in spreading awareness about the importance of yoga and encouraging the college community to adopt wellness practices.



