

Event Name: INTERNATIONAL YOGA DAY

From Date: 21/06/2025

Organized by: DEPT. OF PHYSICAL EDUCATION & NCC

Academic Year: 2025-2026

Venue: COLLEGE

Resource person: MS. NANDHINI ('14' CANDLES)

Report:

This year's theme was "YOGA for ONE EARTH & ONE HEALTH", which means to make the whole world healthy through "YOGA". The highlight of the day was the sound therapy yoga which made every one's mind calm and relaxed through musical instruments.