

Event : International Yoga Day

Date : 19/06/2026

Organised By : Department of Physical Education & NCC

Academic Year : 2026 – 2027

Report :

International Yoga Day was celebrated on 19-6-2026. This year's theme was "*Yoga for Healthy Aging.*" Ms. Nandhini of 14 Candles, proprietor, was the resource person for the day. She made the students do some asanas which tuned their brain to relaxation mode. Students from Sports, NCC, and Rangers participated.