

Event Name : International Yoga Day

From Date : 21.06.2025

To Date : 21.06.2025

Organised by : National Service Scheme

Academic Year : 2025 – 2026

Report:

The International Yoga Day was celebrated with great enthusiasm in collaboration with the National Cadet Corps (NCC). The event aimed to promote physical, mental, and spiritual well-being among students through the practice of yoga. A Yoga Demonstration Session was organized, during which various asanas and breathing techniques were performed under the guidance of trained instructors.