

Report on International Yoga Day 2026

The Faculty of Education observed International Day of Yoga on 24th June 2026 with the active participation of B.Ed. Second Year students.

In line with the theme "Yoga for Healthy Aging," the students performed various yoga postures (asanas) and shared their participation through photographs. The activity aimed to create awareness about the importance of yoga in promoting physical fitness, mental well-being, flexibility and healthy aging.

The students enthusiastically participated in the programme, demonstrating their commitment to health, self-discipline and holistic well-being. The celebration highlighted the significance of incorporating yoga into daily life for maintaining health and enhancing quality of life across all ages.







