

National Yoga Day

“International Day of Yoga was celebrated on 21st June 2026 at Jail Road with great enthusiasm. Faculty members and students from the Zoology Department actively participated. The event highlighted the importance of yoga for physical health, mental peace, and overall well-being.”

Aim :

- To promote physical health and fitness
- To create awareness on mental well-being
- To encourage daily yoga practice.

Objectives:

- To educate on importance of yoga
- To train in asanas, pranayama, meditation
- To reduce stress and improve concentration
- To promote healthy lifestyle

About the Programme:

The programme commenced in the early morning with a brief introduction highlighting the significance of yoga. The Principal addressed the gathering and emphasized the role of yoga in daily life, especially in reducing stress and improving concentration among students and staff.

Certified yoga instructors guided the participants through various asanas, pranayama, and meditation techniques. The Zoology Department faculty members actively participated and demonstrated great interest in learning and practicing yoga postures such as Surya Namaskar, Tadasana, Vrikshasana, and Bhujangasana.

The session also included breathing exercises and relaxation techniques that helped participants experience calmness and rejuvenation. The importance of adopting yoga as a daily routine for a healthy lifestyle was highlighted throughout the session.

Faculty members shared their experiences and expressed that the yoga session was refreshing and beneficial. The programme concluded with a vote of thanks, appreciating the efforts of organizers and participants for making the event successful.

Outcomes:

- Improved awareness on yoga benefits
- Encouraged regular practice
- Enhanced fitness

Student Feedback:

- Appreciated instructors guidance
- Refreshing and beneficial session
- Motivated for daily yoga
- Suggested more programs

