

DEPARTMENTAL ACTIVITY: JUNE 2025

- **NAME OF THE EVENT** – International Yoga Day
- **ORGANIZED BY** – B.Ed. Department, Shri Shikshayatan College
- **DATE** – 21.06.25
- **VENUE** – Yoga Room
- **NUMBER OF PARTICIPANTS** – Students of B.Ed. Department, Semester 2
- **BRIEF DESCRIPTION OF THE EVENT** – The Students of B. Ed. Department of Shri Shikshayatan College Celebrated International Yoga Day On 21st June 2025 with Enthusiasm and Active Participation from Students.
The Session Began with Surya Namaskar to Energize the Body, followed by a Series of Simple Yoga Postures to Enhance Strength and Flexibility. Participants Then Practiced Pranayama, Focusing on Controlled Breathing to Promote Calmness and Mental Clarity. The Session Concluded with Savasana, Allowing Complete Relaxation of the Body and Mind.
- **OUCOME** – The Session Encouraged Everyone to Adopt Yoga and Pranayama as a Part of Their Daily Routine for Better Physical and Mental Well-Being.
- **PHOTOGRAPH (GEO TAGGED)** –

