



DE PAUL COLLEGE, MYSORE

ENLIGHTENING TO EMPOWER

Affiliated to Mandya University / AICTE Approved

Avverahalli, Belagola Post, Srirangapatna Tq, Mandya Dist, Karnataka - 571 606

Report on International Yoga day 2024-25

Date: 21st June 2025

On 21st June 2025, our college celebrated **International Yoga Day** with great enthusiasm and participation. The event was organized to highlight the significance of yoga for physical, mental, and spiritual well-being.

The programme was led by the **Department of Physical Education**, who conducted a special yoga session. The event witnessed active participation from the **Principal, Rev.Dr. Baiju Antony C.M.**, along with faculty members and students. Together, they performed a series of asanas, breathing exercises, and relaxation techniques, gaining first-hand experience of the benefits of yoga.



The session emphasized the role of yoga in promoting a balanced lifestyle and enhancing overall health. The principal encouraged everyone to make yoga a daily practice for a healthy and productive life.





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The celebration of **International Yoga Day 2025** was a memorable and enriching experience for the college community, reaffirming its commitment to holistic well-being and nurturing a healthy, active campus.



Principal