



INTERNATIONAL DAY OF YOGA-21st JUNE 2025

THEME: "Yoga for One Earth, One Health".

NSS UNIT-II PLAN OF ACTION

S.NO	DATE&TIME	ACTIVITY	REMARKS
1	28.05.2025	Awareness rally on benefits of Yoga	Done
2	28.05.2025	Talk on Yoga by eminent experts in Yoga	Done
3	11.06.2025	NATIONAL LEVEL QUIZ	RUNNING
4	16.06.2025	Seminar and exhibitions on the importance of Yoga/Presentations/posters etc	To be Done
5	17.06.2025	Organising mass Yoga session	To be Done
6	18.06.2025	Intra-/Inter-collegiate Yoga competitions	To be Done
7	19.06.2025	Yoga and meditation sessions to students, staff, parents and community	To be Done
8	20.06.2025	Arrangements for demonstrations of Common Yoga protocol to mark IDY-2025	To be Done
9	21.06.2025	IDY CELEBRATIONS IN COLLEGE	To be Done

Note: Everyday yoga practice will be there at 10 to 10.30 am by all staff and students till yoga day (21.06.2025) from 16.6.2025.

Manish

NSS UNIT-II PO

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PRINCIPAL
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PRINCIPAL