

## Celebration of “International Yoga Day, 2025”

The International Yoga Day, 2025 with the theme “Yoga for one earth, one health” was celebrated on the 21<sup>st</sup> June, 2025, at the Auditorium of Dimoria College (Autonomous), Khetri.

### Objective of the program:

1. To raise awareness about the benefits of practicing yoga.
2. To promote the adoption of lifestyle pattern and choices that lead to good health.

**Participation:** The session was attended by faculty members, administrative staff, and students of the college.

**Yoga Instructor:** Nabashree Das, Yoga Trainer, Khetri, Assam.

**Highlight of the Programme:** The Internal Complaints Committee (ICC) in collaboration with IQAC, NSS, NCC, IIC and Red Ribbon Club of Dimoria College (Autonomous) organised an event on its campus under the global theme “Yoga for One Earth, One Health”, aligning with UN guidelines. The Yoga took place in the College auditorium where active participation came from students, faculty members and non-teaching staff. A certified yoga instructor guided participants through the Common Yoga Protocol (CYP), covering Surya Namaskar, key asanas, pranayama, and meditation techniques. Participants focused on improving physical flexibility, mental calmness, and inner well-being

