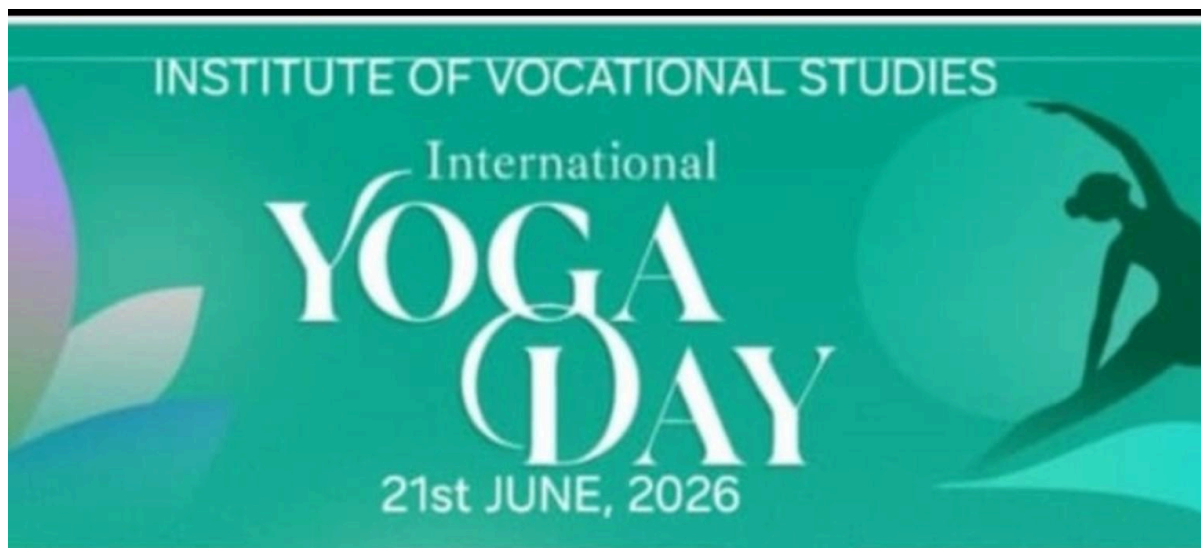


**Report on International Yoga Day Celebration(19th June, 2026)
(Under NSS CELL)**



The Institute of Vocational Studies (IVS) celebrated International Yoga Day on 19th June 2026 with great enthusiasm and participation. The programme was organized to spread awareness among students about the importance of yoga and its role in maintaining a healthy body, peaceful mind, and balanced lifestyle.

International Yoga Day is observed every year on 21st June to highlight the significance of yoga as an ancient practice that promotes physical, mental, and emotional well-being. At the Institute of Vocational Studies, the occasion was used to motivate students to make yoga a part of their daily routine.

The programme began with an introduction to the importance and benefits of yoga. Students were encouraged to understand that regular yoga practice can improve flexibility, strength, concentration, posture, and overall fitness. Yoga also helps in reducing stress and promoting mental peace, which is especially beneficial for students in managing their academic and personal responsibilities.

Students actively participated in various yoga-related activities and demonstrated great enthusiasm throughout the programme. They learned about the importance of maintaining proper breathing, body posture, and discipline while performing yoga. The activity also emphasized that yoga is not merely a form of physical exercise but a holistic approach towards achieving harmony between the body and mind.

The programme encouraged students to adopt healthy habits and become more conscious of their physical and mental health. Faculty members also motivated the students to practice yoga regularly and inspire others to follow a healthy lifestyle.

The celebration concluded with a message encouraging everyone to incorporate yoga into their everyday lives. The International Yoga Day celebration at Institute of Vocational Studies was informative, engaging, and meaningful. It successfully created awareness about the importance of yoga and reinforced the message that “Yoga for self and society” can contribute to a healthier, happier, and more balanced life.

