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MOE'S INNOVATION CELL
INSTITUTION'S INNOVATION COUNCIL

SDP COLLEGE FOR WOMEN, LUDHIANA, LUDHIANA
(IC202430842)

INTERNATIONAL YOGA DAY

OVERVIEW

Objective:

To celebrate International Yoga Day and create awareness about the significance of yoga in life.

Benefit in terms of learning/Skill/Knowledge obtained:

Participants developed a better understanding of the importance of yoga in maintaining physical, mental, and emotional well-being.

Academic Year:

2025-26

Program driven by:

Self-driven Activity

Month:

June

Program /Activity Name:

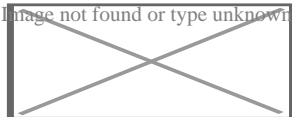
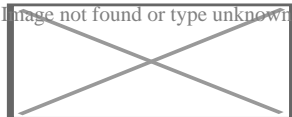
International Yoga Day

Program Type:

Other:

Level 1 - Mentoring Session	null
Program Theme:	Other:
Economic Growth & Social Good	NA
Date & Duration (Days):	External Participants, If any:
06/20/2026-06/20/2026-0	null
Student Participants:	Faculty Participants:
407	7
Expenditure Amount, If any:	Remark:
null	On the occasion of International Yoga Day, a Yoga Session was organized in the Meditation Room under the theme “Yoga for Healthy Ageing.”

ATTACHMENTS

Video:	https://youtu.be/PT2nrvc7L8k?si=k0m8Pxknm-D81lu2
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Photograph2:	Image not found or type unknown 
Session plan, If any:	View Report

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