

NATIONAL SERVICE SCHEME

NSS, NCC & Dept. of PHYSICAL EDUCATION: JUNE 2025

YOGA DAY 21.06.2025

RAMAIAH **INSTITUTION'S INNOVATION COUNCIL** **Rotaract RCASC**

National Service Scheme (NSS) and Department of Physical Education Organises

"International Yoga Day"
(An IQAC Initiative)
on
21st June 2025
Theme: 'Yoga for One Earth, One Health'

Chief Guest

Dr. Sowbhagya R
Asst. Professor, Dept. of Biotechnology and Yoga Instructor.

Presided by
Dr. Pushpa H
Principal, MSRCASC

Program Coordinator:
Mr. Raju N **Mrs. Ashwini M**
NSS Program Officer. NSS Deputy Program Officer.

Mr. Ravi S
Physical Education Director.

Venue: MSRCASC **Time: 7:30am to 8:30am**

All Are Welcome

The International Yoga Day was organised at the MSRCASC in Bengaluru on June 21st, 2025. Dr. Sowbhagya R, Asst. Professor, Dept. of Biotechnology and Yoga Instructor, was the chief guest of the programme. Almost 52 NSS, Sports, NCC and MCA, MBA Students and Volunteers participated and got benefited from the programme. The programme started at 07:30am morning with a prayer and following that the chief guest gave a speech on the benefits of Yoga and its importance in our daily life where we are struggling to have mental peace and good health. After that the chief guest instructed all Yogasana's, pranayama and some yogic postures which the students also followed. The faculties of MSRCASC also participated in the programme. After the yoga an interact session was there where the chief guest cleared many health related doubts of the participants.

The event ended after one hours of yoga. The overall experience of this event was awesome said one of the participants.

