



GANESAR COLLEGE OF ARTS AND SCIENCE

Accredited with 'B++' Grade by NAAC

Melasivapuri, Ponnamaravathi, Pudukkottai – 622 403

Department of Physical Education

&

National Service Scheme

Organizes

11th

International Yoga day 2025

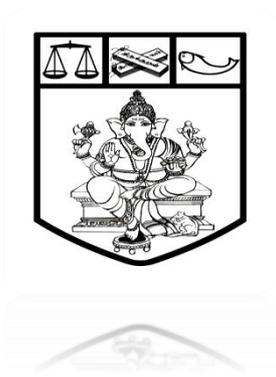
“Yoga for One Earth One Health”

Date: 21st June 2025

Time: 10.30 am

All are Cordially Invited





GANESAR COLLEGE OF ARTS AND SCIENCE

(ACCREDITED WITH "B++" GRADE BY NAAC)

**MELAISIVAPURI, PONNAMARAVATHY,
PUDUKKOTTAI.**

**DEPARTMENT OF PHYSICAL EDUCATION
AND
NATIONAL SERVICE SCHEME**

INTERNATIONAL YOGA DAY 2025

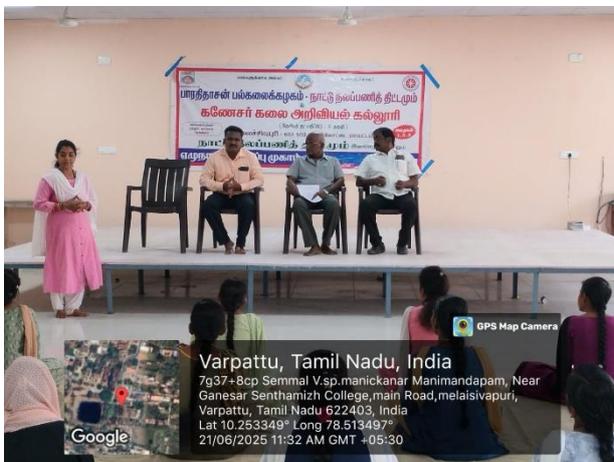
**Venue : Ganesar College of Arts and Science,
Melasivapuri.**

Date & Day: 21st June, 2025 Friday

Time : 10.30 am to 11.30 am

A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2025

On June 21, 2025, Ganesar College of Arts and Science celebrated International Yoga Day with a lot of zeal and passion. Students, young people and teachers, as well as members of the general public, participated in the event. Under the careful guidance of a qualified yoga instructor, participants actively participated in a yoga demonstration, showcasing a variety of yoga poses and breathing techniques. Dr. B. Rajeshwari emphasised the value of yoga for physical and mental wellness, stressing its significance for general health and well-being. Secretary of Sanmargasabai Mr.PL.Swaminathan felicitated the occasion.



Students Performing Yogasanas on 21st June 2025, International Yoga Day.

Murugesan
23/7/25

PL Swaminathan
23/07/25