

AVANTHI DEGREE AND P.G. COLLEGE

(Approved by AICTE, Affiliated to Osmania University &Recog. by Govt. of T.S.)16-11-741/B/1/A, Moosarambagh Dilsukhnagar, Hyderabad - 500 036

Event Report

S.No	Description	Details
1.	Name of the Activity	International Yoga Day
2.	Date of conduction	21/06/2025
3.	Organized By	Avanthi Degree and PG College
4.	Co ordinator	Mr.P Naveen Chandra , Mrs.Annapurna, Mr.Ramakrishna,Reddy Mr Syed azam, MrRaju, MrsManeesha,
5.	No of participants	150
6.	Venue	Seminar hall
8.	Description	Yoga Day is now celebrated in over 190 countries emphasising yoga's universal relevance as a way of life, for well-being, peace, and unity. It highlights not just physical postures (asanas), but also breathing techniques (pranayama), meditation (dhyana), and ethical living, the full spectrum of yoga philosophy.

