

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	e day is now celebrated in over 190 countries emphasising yoga's universal relevance as for well-being, peace, and unity. It highlights not just physical postures (asanas), but also control (pranayama), meditation (dhyana), and ethical living, the full spectrum of yoga ophy.

