



'Yoga Day 2025-2026'

School of Commerce & Management Studies

Academic Year 2025-26

Subject: Report of Yoga Day

1. Event Title: 'Yoga Day 2025'

2. Event Date: 21st June 2025

3. Event Conduction Duration: 10 am to 11am

4. Event Venue [Location]: Open Space in front of the SOCMS gate

5. Organizer of the Event (Faculty):

1. Dr. Rupali Khair

6. Number of students and Faculties: 20

7. Event Outline, Objectives and Outcome of the event:

The School of Commerce and Management Studies (SOCMS) organised a yoga session on 21st June 2025 between 10am and 11am. Dr. Ankamreddi Ramamohan, Professor, HR department, led the group while exercising Yoga.

Participants were students, faculties and non-teaching staff. The session included asanas (postures), pranayama (breath control), and meditation techniques, fostering a sense of community and well-being.

The International Yoga Day celebration on June 21, 2025, proved to be a successful initiative in promoting the practice of yoga and its myriad benefits. The event not only fostered community spirit but also emphasized the importance of integrating yoga into daily life for overall health and happiness.

The session aimed to achieve the following specific objectives:

Experiential Learning: Enable students to get deep understanding of yoga indulged activities.

Motivational Learning: Facilitate students to observe yoga in day to day life.

Positive behavioural Takeaways: To bring healthy change in the mental and physical behavior of the students.

8. Photos:









.Report Prepared by: Dr. Shruti Shouche

Asst. Prof.

SOCMS