**Event Name: International Yoga Day**

**Event Date: 21st June 2025**

**Event Time: 5:00 AM**

**Venue: Open Air Theatre**

Doaba College Jalandhar, in association with The Art of Living, The Hawk Riders and National Eye Care celebrated ‘International Day of Yoga’ based on the national theme “Yoga for One Earth, One health”. Staff, students of college along with students from different schools participated in this mega event. The event commenced with the participation of students in Surya Namaskara competition in which 21 students performed Surya Namaskar Asana 108 times. It was followed by melodious bhajans by student Tejas Anmol and Mrs. Seema Anmol.

Sh. Sidharth Rana, Sh. Rohit Sharma and Sh. Vijay Kumar from The Art of Living guided the gathering in different Yoga Asanas, namely Bhujangasana, Naukasana, Tadasana, Padasana, Pawanmuktasana exercises. Thereafter a 30 minute meditation session was organised for students who appreciated and whole heartedly and participated in it with joy.

Principal, Dr Pardeep Bhandari said that Yoga is not only essential in maintaining physical health but also much required for strength of mind and mental peace. Dr. Bhandari said that the theme of International Yoga Day ‘Yoga for One Earth and One Health’ is in consonance with the efforts being done to promote a clean environment and social peace.

Sh. Dhruv Mittal- Treasurer, College Managing Committee, Sh. Arun Mittal and Dr. Satpal Gupta- Member of College Managing Committee, Coordinators - Dr. Ominder Johal, Prof. Sukhwinder Singh and Dr. Suresh Mago were present on the occasion.

Students from NCC, NSS, Health and Well Being Committee, Student Council and Sports participated enthusiastically. Prof. Rajni Dhir and Prof Sakshi conducted the stage. The event culminated with a vote of thanks from Dr. Suresh Mago, Incharge, Health and Wellbeing team of Doaba College, Jalandhar.