



REPORT ON INTERNATIONAL DAY OF YOGA

Date: 21st June 2025

Venue: BMSCCM Campus

Organised by: NSS CLUB-BMS College of Commerce and Management (BMSCCM)

Resource Person: Ms. Savitha, Yoga Instructor, Vivekananda Yoga Kendra

Participants: Students of BMSCCM

On the occasion of the 11th International Day of Yoga, celebrated on **21st June 2025**, BMS College of Commerce and Management (BMSCCM) organised a Yoga Practice Session for the students of the institution. International Yoga Day is observed across the world to create awareness about the importance of yoga and its manifold benefits for physical, mental and emotional well-being.

The theme for the 11th International Day of Yoga was **“Yoga for One Earth, One Health,”** highlighting the close connection between individual well-being and the health of the planet. The theme also reflects the Indian ethos of **“Sarve Santu Niramaya”**, meaning *“May all be free from disease.”*

The yoga session was conducted under the guidance of **Ms. Savitha, Yoga Instructor, Vivekananda Yoga Kendra**. Students actively participated in the session and practised various yoga postures and exercises under her guidance. The session emphasised the importance of incorporating yoga into daily life as a means of promoting physical fitness, mental calmness and overall well-being.

The programme provided an opportunity for students and staff to understand the significance of maintaining a balanced and healthy lifestyle and encouraged them to make yoga a regular part of their daily routine.

Objectives of the Event

1. **To create awareness** about the importance and benefits of practising yoga.
2. **To promote physical and mental well-being** among students.
3. **To encourage healthy lifestyle practices** and regular physical activity.
4. **To develop awareness about stress management** through yoga and mindfulness practices.



5. To promote the theme “Yoga for One Earth, One Health” by highlighting the relationship between individual well-being and a healthy environment.

Outcome of the Event

The Yoga Day programme successfully created awareness among students about the **physical, mental and emotional benefits of yoga**. Participants gained practical exposure to yoga practices and understood the importance of regular exercise and maintaining a balanced lifestyle.

The session encouraged students to incorporate yoga into their daily routines for improved fitness, concentration, relaxation and overall well-being. The programme also reinforced the message that **individual health and environmental well-being are interconnected**, in keeping with the theme of the International Day of Yoga.

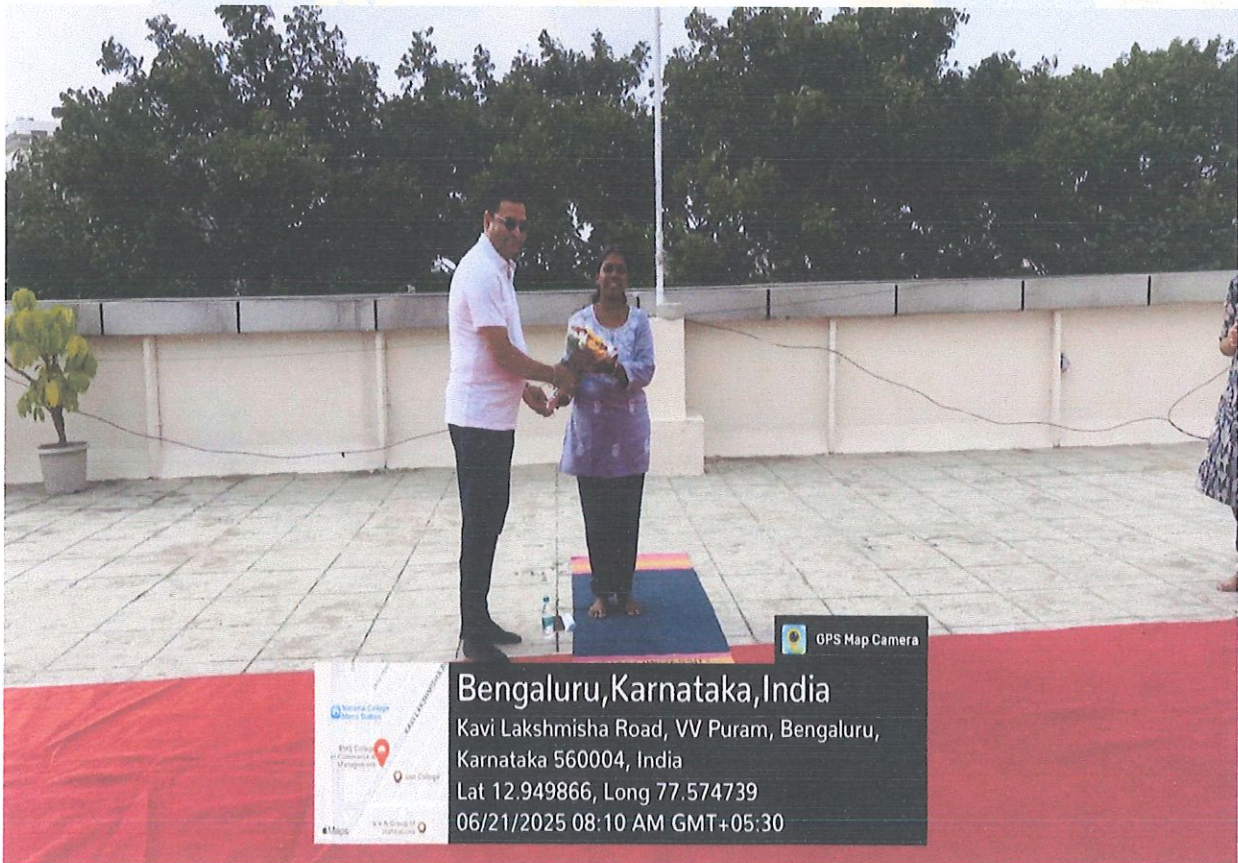
Overall, the event was successfully conducted with enthusiastic participation from the students of BMSCCM and contributed towards promoting a **healthier, more balanced and wellness-oriented campus community**.



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**List of Participants:**

SL.NO.	LIST OF PARTICIPANTS	REGISTRATION NUMBERS
1	MADHUSUDAN GOWDA M B	U18IN25C0083
2	NIKHIL M	U18IN25C0104
3	BHARATH GURU B G	U18IN25C0015
4	MONIESH C S	U18IN25C0093
5	GAUTHAM NADIGA M	U18IN24C0044
6	KEERTHAN B	U18IN25C0056
7	KIRAN S	U18IN25C0059
8	ARPITHA J	U18IN25M0015
9	HEMANTH K S	U18IN25S0015
10	HEMANTH S	U18IN25S0016
11	THARUN M BHUPATHI	U18IN24C0176
12	YASHASHWINI L	U18IN24C0188
13	K S SNEHA	U18IN24C0191
14	KEERTHANA B J	U18IN24S0024
15	MEGHANA S	U18IN24S0030
16	ROHAN KUMAR N	U18IN24S0038
17	ABHAY M NAIR	U18IN24S0002
18	HITHASHREE P	U18IN24M0037
19	LAKITHA L	U18IN24M0050
20	PRATHA A	U18IN24M0069
21	ROHITH SUJAY KUMAR	U18IN24M0083
22	HARSHITHA A	U18IN24C0047
23	HEMANTH ADITYA L	U18IN24C0050
24	HUZAIF SHARIFF	U18IN24S0018
25	MANYA UMESH	U18IN23S0030
26	SAGAR GUPTA R	U18IN23S0046
27	SUDEEPTHI B N	U18IN23S0060
28	CHINNU KRISHNA S	U18IN23S0014
29	CHINMAY HIREMATH	U18IN24M0021



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30	U MANISH	U18IN23S0054
31	MANYA UMESH	U18IN23S0030
32	MD ABBAN SHARIEFF	U18IN23S0031
33	NIKHIL KUMAR H	U18IN23S0032
34	B NITHIN	U18IN23S0009


Mrs. Tejashwini T.S.

NSS-Programme Officer


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