



Bhoj Reddy Engineering College for Women

(Sponsored by Sangam Laxmibai Vidyapeet, Accredited by NAAC with A Grade, Approved by AICTE and Affiliated to JNTUH)

Vinaynagar, IS Sadan Crossroads, Saidabad, Hyderabad – 500 059, Telangana. www.brecw.ac.in



Date: 23 June 2025

Report on International Yoga Day

On 21st June 2025, International Yoga Day was celebrated in our college Seminar Hall (401 WB) from 10:30 AM to 11:30 AM. Interested I B Tech students actively participated in the event. The main objective of celebrating Yoga Day is to encourage participants to develop the habit of practicing yoga daily and to educate them on how yoga contributes to physical, mental, and spiritual well-being. Yoga embodies the unity of mind and body through discipline, self-restraint, and fulfillment; it promotes harmony between humans and nature, offering a holistic approach to health and well-being.



International Yoga Day at Seminar Hall (401 WB) on 21 June 2025

All the participants gathered at the Seminar Hall at 10:15 AM, and the programme began with a formal inauguration by the respected Principal, Dr. J. Madhavan garu. The technical session was conducted by Dr. K. Mallikamba, Physical Director. During the session, she demonstrated various yoga postures on the platform while the students followed along. Alongside the demonstrations, she explained the benefits of each posture and the correct methods of performing them.



International Yoga Day at Seminar Hall (401 WB) on 21 June 2025

A total of 54 students participated in the yoga session. The event concluded with a vote of thanks delivered by Ms. K. Sandhya, NSS Coordinator, who expressed her gratitude to all the participants and NSS members for their enthusiastic participation and contribution to the successful conduct of the event.

Dr J Madhavan
Principal