



INTERNATIONAL YOGA DAY

21ST JUNE 2025



**THEME- YOGA FOR VASUDHANA
KUTUMBAKAM**



**ORGANIZED BY- MARIANI COLLEGE NSS UNIT, IQAC &
STUDENT UNION**

**COLLABORATION WITH MES JORHAT
TIME 7:00 AM**

VENUE: AUDITORIUM MARIANI COLLEGE (ARTSCAMPUS)



REPORT

Inaugurated by : Mr Bukum doley

INTERNATIONAL YOGA DAY

(21.06.2025)

International Day of Yoga is celebrated annually on June 21 to honour and celebrate the ancient practice that originated in India. Yoga is not just about physical fitness, it's a union of the body, mind, and soul. As the world comes together for International Yoga Day 2025, here are over 50 International Yoga Day 2025 wishes, quotes, messages, slogans, captions, and image ideas to inspire mindfulness, good health, and inner peace.

NSS unit Mariani college, Mariani organised International Yoga Day on 21st June 2025. The programme began at around 7:00 am. All the NCC Cadets & NSS Volunteers participate in this programme. Our respected principal guide us to do different yogas . And he told us about the benefits of yoga and inspired & motivated us . It was a very enjoyable day and it successfully ended at 9:00 am.

