

BHAVAN'S VIVEKANANDA YOGA CENTRE

Name of the event: International Yoga Day 2025

Venue: Vivek Bharathi

Time: 3:00 p.m. – 3:30 p.m.

Report on International Yoga Day

On June 21, 2025, Bhavan's Vivekananda Yoga Centre celebrated International Yoga Day at Vivek Bharathi. The event commenced with a warm welcome and introduction, followed by an address by the Principal, Dr. G.V.S.R.K. Chowdary, who highlighted the significance of yoga in students' lives and its benefits for the broader Community Dr. Y. Suresh, Coordinator and Asst. Prof. in Sanskrit, then addressed the gathering and spoke about the relevance of International Yoga Day. Following this, the Common Yoga Protocol Practice was conducted, where all participants engaged in a guided 15-minute session of yoga Asanas, pranayama, and Meditation. A vibrant Group Yoga Performance was presented by students and volunteers from BVYC, NSS, UBA, and YRC, reflecting discipline, unity, and the spirit of yoga. The program concluded with a Vote of Thanks by Dr. Y. Suresh and a closing line from the Anchor. The celebration was a resounding success, fostering harmony, health, and well-being among all attendees.





Name of the event: 1 Day Countdown for International Yoga Day 2025

Venue: L B Stadium

Time: 5:30 a.m. - 8:30 a.m.

Report on 1 Day Countdown for International Yoga Day 2025 On June 20, 2025

Bhavan's Vivekananda Yoga Centre participated in the 1 Day Countdown for International Yoga Day 2025 at L B Stadium. More than 130 members from Bhavan's Vivekananda College participated, representing different units including BVYC, NCC, NSS, UBA, and YRC. The event was vibrant and lively, showcasing synchronized yoga poses and common yoga protocol for everyone. This was supported by the Principal Dr GVS RK Chowdary sir and Coordinator of BVYC, Dr. Y. Suresh, with coordination from Srinivasa, Coordinator of NSS, YRC, UBA.

