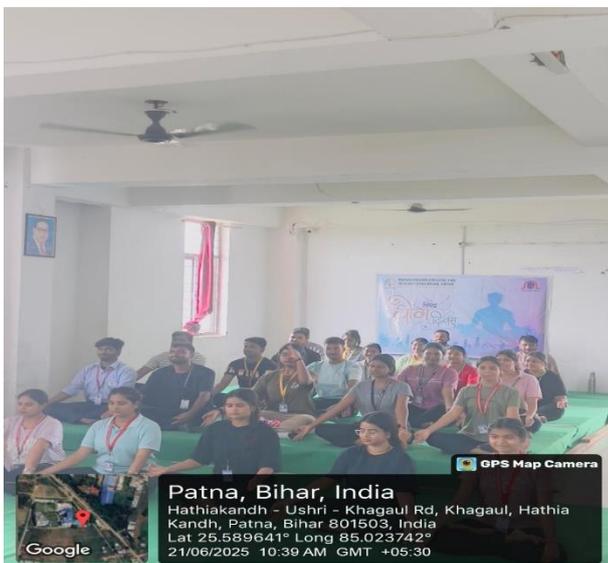


Report on Yoga Day

The International Day of Yoga was celebrated with great enthusiasm and active participation at Mundeshwari College for Teacher Education, on 21st June 2025. The event was organized by the NSS Unit and aimed at promoting physical and mental well-being through the practice of yoga.

The program began at 10:30 AM in the college Multipurpose Hall with a welcome address by the Principal, Dr. Kumari Sunita Singh who emphasized the significance of incorporating yoga into daily life for a healthy and balanced lifestyle. Over 60 participants took part in the session with dedication and energy. The event also included a short speech on the origin and benefits of yoga, followed by a group pledge to make yoga a regular habit. The celebration concluded with a vote of thanks by the NSS Coordinator, appreciating everyone's involvement and highlighting the importance of maintaining health and harmony through yoga. Overall, the event was a resounding success and reflected the collective spirit of MCTE College in promoting holistic well-being.

Photographs of the Event



Sunita Singh.
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