



Bharati Vidyapeeth's Institute of Computer Applications and Management (BVICAM), New Delhi

In collaboration with



Present

Yoga for Health and Harmony

On

(22th June, 2026)

Detailed Report

Bharati Vidyapeeth's Institute of Computer Applications and Management (BVICAM), New Delhi, under the aegis of Unnat Bharat Abhiyan (UBA), successfully organized a Yoga Session on 22 June 2026 as part of the post-celebration of International Yoga Day 2026. The event aimed to promote the significance of yoga in achieving physical fitness, mental well-being, and a healthy lifestyle among students, faculty members, and staff.

The programme commenced with a warm welcome to all participants. Prof. (Dr.) M. N. Hoda, Director, BVICAM, addressed the gathering and delivered an inspiring speech highlighting the importance of yoga in today's fast-paced world. He emphasized that regular practice of yoga enhances physical health, improves concentration, reduces stress, and helps individuals maintain a balanced and disciplined life. He encouraged everyone to adopt yoga as a daily habit for overall well-being.

The yoga session was conducted under the guidance of experienced instructors, who demonstrated various yoga asanas, pranayama, and meditation techniques. Participants enthusiastically performed the exercises and learned the benefits of incorporating yoga into their daily routines.

The event witnessed active participation from students, faculty members, and non-teaching staff. The atmosphere was filled with enthusiasm, positivity, and a spirit of wellness. The session concluded with a vote of thanks, expressing gratitude to the Director, yoga instructors, organizers, and all participants for making the programme a grand success.

The Yoga Session served as an excellent initiative to reinforce the message of holistic health and wellness, aligning with the objectives of Unnat Bharat Abhiyan and the vision of promoting a healthier society through awareness and community participation.



