



LOYOLA COLLEGE OF EDUCATION

[Re-accredited (3rd Cycle) at 'A' Grade by NAAC]

Recognized by NCTE & Affiliated to TNTEU

Nungambakkam, Chennai - 600 034, Tamil Nadu, India.

Name of the programme :	International Yoga Day Celebrations
Date of the programme :	20/06/2026
Time of the programme :	9:00 AM
Objectives of the programme :	The objective of the Yoga programme was to provide students with firsthand experience of yogic practices and to create awareness about physical, mental, and spiritual well-being. The programme aimed to help students understand the benefits of yoga in managing stress, enhancing concentration, and maintaining overall health. Through regular practice of asanas, pranayama, and meditation, the sessions sought to develop self-discipline, inner peace, and a deeper understanding of holistic health. It also encouraged students to appreciate the importance of wellness and regular practice in maintaining a balanced and healthy lifestyle.
Learning outcomes of programme:	The Students Gained first-hand knowledge about the fundamental principles of yoga and its positive impact on physical and mental health. Understood the relationship between mindfulness, stress reduction, and academic focus. Learned about various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques. Developed self-awareness, emotional regulation, and mental clarity through guided practice sessions. Increased awareness of holistic wellness and the importance of preventive health habits. Enhanced discipline, patience, flexibility, and physical endurance through daily practice. Developed a sense of inner peace and personal commitment toward maintaining a long-term healthy lifestyle.
Honour Report:	The Yoga programme provided a valuable opportunity to understand the realities of holistic well-being and mindful living. During the sessions, we practiced various techniques to balance the mind and body, discovering practical methods to alleviate stress, improve posture, and enhance daily focus. We interacted with experienced practitioners and gained deep insights into the alignment of physical health with mental clarity. The experience helped us appreciate the importance of self-care and mindfulness in improving our overall quality of life. We also learned about

	the resilience of mind and body that comes from regular, disciplined practice. The programme successfully enhanced our self-awareness, concentration, and sense of personal responsibility toward mental and physical health. Overall, the Yoga programme was an enriching and rejuvenating experience that broadened our perspective on wellness and motivated us to incorporate these positive habits into our daily routines.
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Details of the committee which organized the event:

Name of the committee:	YOGA - NSS	
Name of the program officers	Mr. J. Arul Martin	
	Dr. S. Pondyselvi	

Signature of the Principal









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OBSERVES
INTERNATIONAL
YOGA DAY

20 JUNE



ARRUPE AUDITORIUM
LOYOLA COLLEGE OF
EDUCATION



FROM
9.00 AM-10.00 AM

REGARDS,
PHYSICAL DIRECTOR,
LCE