

Bunts College of Higher Education – Night College – Navi Mumbai

Report on International Yoga Day 2025-26

- **Date:** June 30th, 2025
- **Venue:** College, Mini Hall
- **Objective:** The event aimed to promote the benefits of yoga for physical and mental well-being.
- **Resource Person:** Mr. Umakant Mishra

Bombay Bunts Association's Bunts College of Higher Education (Night College) celebrated 11th International Yoga Day on 30th June, 2025 in place of 21st June, as our college started on 25th June, 2025. The Principal, teachers and the office staff participated in Yoga activities. The event aimed to promote the benefits of yoga for physical and mental well-being.

The program was organized in the college premises under the guidance of Principal Dr. S.S. Bhandari. The event was successfully coordinated by Prof. Maya Bodke. Mr. Umakant Mishra, the renowned yoga expert was cordially invited as the guest of honor. The event commenced with the traditional lighting of the lamp before Lord Ganesha, led by the esteemed guest, Principal, faculty members, staff, and students. The Principal warmly welcomed the guest and honored him with a Tulsi plant as a token of respect and appreciation.



Mr. Umakant Mishra (Yoga Teacher)

The Principal, Dr. S. S. Bhandari emphasized the significance of International Yoga Day. He encouraged students to incorporate yoga into their daily lives to stay fit, safe, happy, healthy, and prosperous. After the fruitful lecture of the Principal, Mr. Umakant Mishra conducted the session. The session included basic to advanced yoga postures, breathing exercises, and meditation techniques. Participants were guided through various asanas (poses) such as Surya Namaskar (Sun Salutation), Tadasana (Mountain Pose), and Shavasana (Corpse Pose).



Following the yoga session, an interactive workshop was held where participants could ask questions about yoga and its benefits. The instructors provided tips on incorporating yoga into daily routines and addressed common misconceptions.

The Principal expressed heartfelt appreciation to Mr. Umakant Mishra and the students for their enthusiastic participation and graceful performance of yoga. The program concluded with a vote of thanks delivered by Prof. Savita Loke. The celebration came to a close with a heartfelt rendition of the National Anthem, followed by the distribution of snacks to the students.



Overall, the International Yoga Day celebration at our college was a resounding success, promoting a spirit of unity, wellness, and mindfulness among all participants.