



Theme: Yoga for One Earth, One Health

21st June 2025

Vishwa Bharati Women's College Rainawari, Srinagar

celebrated the International Yoga Day on 21st June 2025 with great zeal and enthusiasm.

This year's celebration embraced the global theme — Yoga for One Earth, One Health — underscoring the relevance of yoga in promoting holistic well-being and environmental consciousness.

The Event was conducted under the guidance of our **Principal Dr. Bashir Ahmad Dar, NSS Coordinator Asst. Prof. Andleeb Nabi Unit II**. All Faculty, Non-Teaching and MTS members participated with great devotion. The Yoga Session was instructed by **Asst. Prof. Durri Shahwar**. The participation of all reflected their commitment to health, discipline and mindfulness.



Adding further prestige to the occasion, our esteemed **Asst. Prof. MIMOONA SHAH NSS Coordinator Unit I and NSS Students** represented the spirit of V.B College on a broader stage by actively participating in the Yoga Day Celebration held at the University of Kashmir. Her graceful presence and dedication to the yogic discipline reflected the commitment of V.B College toward nurturing a health and balanced lifestyle among its academic community.





Inhale Peace, Exhale Stress- let every breath guide you home

Report Submitted by
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&
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