

"International Day of Yoga 2026"

The "International Day of Yoga" was observed with great enthusiasm at Adhiyamaan College of Engineering on 21st June 2026. **Dr. T. T. Shunmugavelu**, delivered an insightful talk centered around the day's theme, "**Yoga for Healthy Ageing**." He highlighted the physiological and mental benefits of integrating yoga into daily routines to promote longevity and wellness. the theoretical session, a practical, hands-on yoga session was conducted for all participants. The session was led by **Mrs. N. Lavanya**, Yoga Therapist from Yogalaya.The, who guided the audience through various asanas and breathing exercises tailored for long-term health.





