



Oriental Education Society's
Oriental College of Education & Research
UGC NCTE Approved, Affiliated to University of Mumbai,
(NCTE Code- 123016)
Adarsh Nagar, Andheri (W)
NAAC Accreditation 'B' Grade

Date: 20th June 2026

Time: 11 am to 12:30 pm

Venue: Oriental College of Education and Research (Andheri)

Organized by: Student Council of Oriental College of Education and Research (Andheri)

Introduction:

International Yoga Day was celebrated at Oriental College of Education and Research on **20th June 2026** in **Seminar Hall 201** at **11:00 a.m. onwards**. The program was organized to promote awareness about the importance of yoga in maintaining physical, mental, and emotional well-being. Students and faculty members enthusiastically participated in the event and learned about the benefits of practicing yoga regularly.

Objectives:

- To create awareness about the importance of yoga in daily life.
- To encourage students to adopt a healthy and balanced lifestyle.
- To promote physical fitness, mental peace, and emotional stability.
- To develop concentration, self-discipline, and positive thinking among students.
- To celebrate the spirit of unity, wellness, and harmony through yoga.

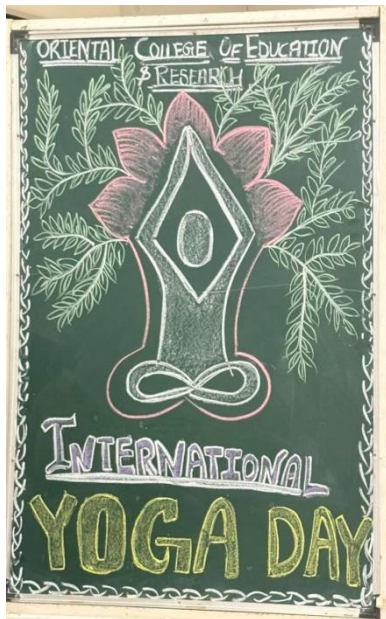
Program highlight:

The International Yoga Day program was conducted on 20th June 2026 at 11:00 a.m. in Seminar Hall 201. The event commenced with a warm welcome and an introduction to the significance of Yoga Day. Students and faculty members actively participated in the session, which was led by a yoga instructor. Various yoga asanas, pranayama exercises, and meditation techniques were demonstrated and practiced. The instructor explained the physical, mental, and emotional benefits of yoga and encouraged participants to make yoga a part of their daily routine. The atmosphere was calm and energetic, promoting wellness, peace, and mindfulness. The program concluded with a message emphasizing the importance of a healthy lifestyle and the role of yoga in achieving overall well-being.

Conclusion:

The International Yoga Day celebration was a successful and enriching experience for all participants. The program highlighted the importance of yoga in achieving a healthy body, calm mind, and balanced life. It inspired students and faculty members to incorporate yoga into their daily routine and work towards a healthier and happier future.

Photo gallery:



Blackboard Work by F.Y. B.Ed. students



Session by Brahma Kumaris Representatives



Students Learning the Benefits of Yoga



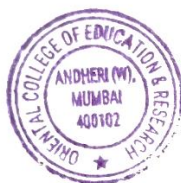
Students Practising Yoga Asanas



Group Photograph with Brahma Kumaris Guests, Staff and Students

Faiza Ansari

Ms. Faiza Ansari
Faculty In-charge



Ruchika Miglani

Dr. Ruchika Miglani
I/C Principal