

Report on International Yoga Day 2026-2027

- **Date:** June 24th, 2026
- **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 12th International Yoga Day on 24th June, 2026 in place of 21st June, as our college started on 22nd June, 2026. 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.



Mr. Umakant Mishra (Yoga Teacher)

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.



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). After completion of Yoga students were given refreshment.

