

Observation of the International Day of Yoga 2026

International Day of Yoga 2026 was observed at Pandit Deendayal Upadhyaya Adarsha Mahavidyalaya (PDUAM), Behali on 21 June 2026 under the banner of the Red Ribbon Club (RRC), National Service Scheme (NSS) and Internal Quality Assurance Cell (IQAC). The programme witnessed the enthusiastic participation of faculty members, staff, and students. A guided yoga session was conducted by Physical Training (PT) instructors, who demonstrated various yoga postures and breathing exercises while highlighting the importance of yoga in promoting physical fitness, mental well-being, and a healthy lifestyle.

Date: 21.06.2026

Venue: PDUAM, Behali

Time: 7 AM onwards



MINISTRY OF AYUSH
GOVERNMENT OF ASSAM
DEPARTMENT OF HIGHER EDUCATION

INTERNATIONAL DAY OF YOGA 2026

Theme: "Yoga for Healthy Ageing"
Date: 21.06.2026
Organized by **Red Ribbon Club (RRC)**
In Association with **NSS unit and IQAC, PDUAM-Behali**
Time: 7:00 A.M. onwards Venue: College Campus
Pandit Deendayal Upadhyaya Adarsha Mahavidyalaya (PDUAM), Behali



