

International Yoga Day

Date: 21 June 2025

International Yoga Day was celebrated with great enthusiasm on 21 June 2025 at St. Thomas' College of Education. Yoga, a symbol of harmony between mind and body, fosters strength, flexibility, and inner peace. Despite being on summer vacations, students demonstrated remarkable by actively participating in the celebration from their homes.

Students enthusiastically performed various yoga asanas and shared their pictures via WhatsApp, showcasing their commitment to health and wellness. Their involvement reflected the importance of maintaining physical and mental well-being, even during holidays. The college sincerely appreciates their active participation and encourages everyone to embrace yoga as a daily practice for a healthier life.

