

INTERNATIONAL YOGA DAY 2025

Organized by: Appasaheb Gogate Government Industrial Training Institute, Devgad

DATE: 21st June 2025

TIME: 7:00 AM onwards

THEME: "Yoga for Self and Society"

Join us to celebrate the power of yoga for a healthy body, calm mind, and strong spirit!

Highlights of the Event:

- ✓ Common Yoga Protocol (CYP) session
- ✓ Demonstration by trained instructors
- ✓ Student participation and competitions
- ✓ Guided meditation & breathing techniques
- ✓ Awareness talk on benefits of yoga



Let's unite to build a healthier tomorrow through Yoga!