



12th International Yoga Day Ceebrations

The NSS Unit of AVIT-ISR Cell participated 12th International Yoga Day Celebrations on June 20 & 21, 2026, under the theme **"Yoga for Healthy Ageing "** at **VMC Campus and Sea Shore Temple at Mamallapuram**. This Event Mainly Focus on Promoting mobility, balance, strength, and active independent living for older populations through customized sessions like chair yoga and flexibility drills. 50 NSS Volunteers Participated in the Event.





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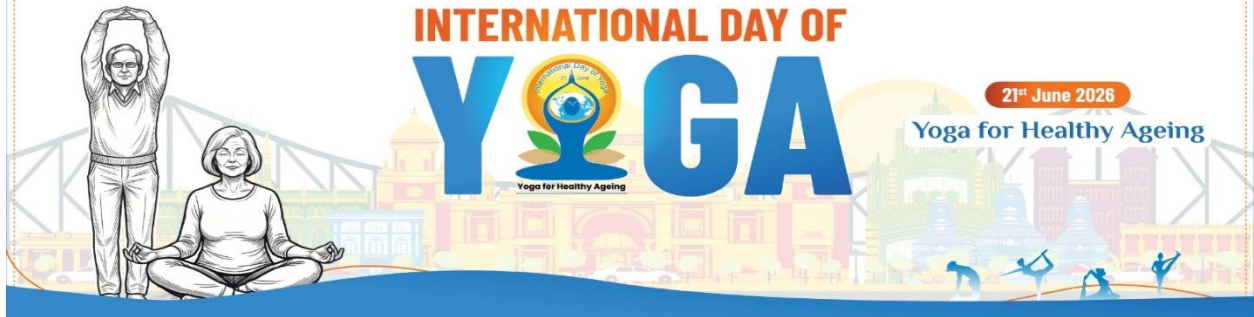
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