



BISHOP COTTON WOMENS CHRISTIAN COLLEGE

Yoga day- Organised by Bengaluru City University - 2026

Date:

25th January 2026

Venue:

Vidhan Soudha

Resource person:

Yoga Guru N.
Aradhya Guruji



The event was held at Vidhana soudha, Bengaluru, organized by Yoga Gangothri in collaboration with the Government of Karnataka, Dept of AYUSH. The event featured around 1500 participants including NSS volunteers and yoga practitioners performing 108 rounds of suryanamaskar for health, peace and wellness. The participants were all faced towards the east and witnessed the sun rising bright, indulging with peace and light.

In the end, participants successfully completed 108 surya namaskar postures. The event promotes yoga, health and wellness on the occasion of Ratha Saptami. The program ended with distribution of certificates and breakfast. This was organized for nurturing healthier communities and for creating a space where spirituality, discipline and service come together so beautifully.

