



Sunbeam Women's College Varuna

College Code: 198

(Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi)
(Accredited by NAAC)

Towards Women Empowerment ...

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SWCV/VRN/Notice/2026/ 545

Date: 18.06.2026

Notice



International Yoga Day 2026 Celebration

Sunbeam Women's College Varuna is pleased to announce a special Yoga Session on the occasion of **International Yoga Day 2026** under the theme: "**Yoga for Healthy Ageing**"

Date: 21st June 2026

Time: 6:30AM

Venue: Melody Hall, Sunbeam Women's College Varuna

The programme is being organized by **Anandam Club** and **BHUMI Club** in association with **Isha International Yoga Centre**. Students, parents, and faculty members are cordially invited to participate and experience the benefits of yoga for physical, mental, and emotional well-being.

Guidelines for Participants

- Wear comfortable yoga attire or tracksuit.
- Bring your own yoga mat.
- Reach the venue at least 15 minutes before the session begins.

Yoga is a holistic practice that promotes health, balance, and inner harmony. We encourage all members of the Sunbeam family to join this meaningful celebration and contribute towards a healthier lifestyle.

We look forward to your enthusiastic participation.

Dr. Shalini Singh
Administrator

Dr. Rajeev Singh
Principal