



KRISTU JAYANTI
(DEEMED TO BE UNIVERSITY)
Under Section 3 of UGC Act 1956
A CMI INSTITUTION | BENGALURU | INDIA

The Economic Times 23 June, 2026



THE ECONOMIC TIMES
**CAMPUS
SPOTLIGHT**

ADVT

Kristu Jayanti University Celebrates 12th International Yoga Day



Kristu Jayanti University, Bengaluru, commemorated the 12th International Day of Yoga on June 19, 2026, under the national theme 'Yoga for Healthy Ageing'. The event was organised by the Centre for Yoga and Wellness and Jayantian Extension Services in collaboration with Sri Sri School

of Yoga, The Art of Living, under the Ministry of AYUSH.

Rev. Fr Dr Augustine George, Vice Chancellor, Ms. Vasanti S Iyer, CEO and Director, Sri Sri School of Yoga, and Mr Rudresh Kumar were among those present.

In her keynote address, Ms Iyer emphasised that yoga could enhance mental well-being, awareness, and resilience and balance out the demands of technology, increasing stress and loneliness on everyone.

Mr Rudresh Kumar conducted a yoga session for over 500 students through guided postures and breathing techniques, fostering mindfulness, energy, and collective well-being, highlighting the importance of integrating yoga into life for holistic health among youth and adults alike.