



Mercy College

Palakkad, Kerala, India 678006

Govt. Aided Arts & Science College

Affiliated to the University of Calicut

Accredited by NAAC with A Grade IV Cycle

DEPARTMENT OF COMPUTER APPLICATION

REPORT ON

YOGA DAY OBSERVATION

ON 25th JUNE 2026

Student co-ordinator:

Anvitha S R

Staff co-ordinator:

Dr.Stency V

HOD:

Sr Jainy Jacob M

REPORT ON HEALTHY AGING AND WELLNESS – YOGA DAY OBSERVATION

Date: 25-06-2026

Time: 12:50 PM

Venue: Department of Computer Applications, Mercy College Palakkad

Organized by: Department of Computer Applications

The Department of Computer Applications, Mercy College Palakkad, organized a Healthy Aging and Wellness programme as part of the Yoga Day Observation on 25th June 2026 at 12:50 PM in the Department of Computer Applications. The programme aimed to create awareness about the importance of yoga in promoting a healthy lifestyle, physical fitness, mental well-being, and graceful aging. The event highlighted the benefits of practicing yoga regularly to improve flexibility, strength, balance, and concentration while reducing stress and anxiety. Students learned how yoga contributes to healthy aging by preventing lifestyle diseases, improving immunity, and enhancing overall wellness. The session also emphasized the importance of maintaining healthy habits such as regular exercise, proper nutrition, mindfulness, and positive thinking for lifelong well-being.

As part of the observation, students actively participated in a Digital Poster Making using AI activity based on the theme "Healthy Aging and Wellness." Participants creatively designed posters using AI tools, illustrating yoga poses, environmental awareness, healthy living practices, and motivational messages promoting wellness. The activity encouraged students to combine creativity with technology while spreading awareness about the significance of yoga and healthy aging. The programme concluded successfully with enthusiastic participation from students and faculty members. It served as an inspiring initiative to promote a balanced lifestyle and encouraged everyone to incorporate yoga into their daily routine for a healthier and happier future.