

## **Report on International Yoga Day Celebration on 21st June, 2018**

The International Yoga Day was observed on 21<sup>st</sup> June, 2018, was a significant event organized by the institution to promote the physical, mental and spiritual benefits of yoga. Yoga Guru Rupesh Patel demonstrated some asanas. The event saw enthusiastic participation from 76 students, making it a vibrant and inclusive gathering. This report provides an overview of the Yoga Day celebration, its activities and the impact it had on the participants.

### *Event Highlights:*

#### **Yoga Sessions:**

Yoga sessions, focusing on various asanas, breathing exercises and meditation techniques were held. These sessions were tailored to cater to participants of different skill levels, ensuring inclusivity and accessibility for all.

#### **Meditation and Mindfulness Practices:**

Guided meditation sessions were held to promote mental peace and relaxation. Participants engaged in mindfulness practices, learning techniques to enhance concentration and reduce stress. These sessions provided a serene environment for self-reflection and inner calm.

#### **Group Activities:**

Group activities such as partner yoga and synchronized breathing exercises fostered a sense of community and teamwork among participants. These activities encouraged social interaction, promoting a positive and supportive atmosphere.


### *Impact:*

#### **Physical and Mental Well-being:**

Participants reported feeling physically rejuvenated and mentally refreshed after the yoga sessions. Many highlighted improvements in flexibility, posture and overall fitness. The relaxation techniques practiced during the event left them feeling more calm and centered.

#### **Stress Reduction and Mental Clarity:**

Participants expressed that the meditation and mindfulness sessions helped them manage stress and anxiety better. They felt more mentally clear and focused, attributing these benefits to the calming effects of yoga and meditation.


  
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## Sense of Community:

The group activities fostered a sense of community among the participants. Many participants appreciated the opportunity to connect with their peers in a positive and healthy environment, enhancing their social well-being.

The International Yoga Day celebration, with the active participation of 76 students, was a resounding success. The event not only promoted the physical and mental benefits of yoga but also fostered a sense of community and well-being among the participants. Through the practice of yoga and mindfulness, students gained valuable tools to enhance their overall health and quality of life. The event served as a reminder of the importance of holistic wellness and the positive impact yoga can have on individuals' lives.



  
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Date : .....

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2	Rajesh Kishan	BA16-011	Rajesh Kishan
3	Smriti Sudha Patol	BS16-092	S. Patol
4	Shruti Barla	BA16-037	S. Barla
5	Tareen Patol	BS16-035	T. Patol
6	Sitaram Khadia	BA16-014	Sitaram Khadia
7	Ayaz Hussain	BS16-092	A. Hussain
8	Omesh Sa	BA16-039	Omesh Sa
9	Puja Bhoi	BA16-037	Puja Bhoi
10	Shashikanth Rout	BS16-036	S. Rout
11	Binati Dilla	BA16-016	Binati Dilla
12	Soumya Ranjan Pradhan	BS16-094	S. Pradhan
13	Meera Bhoi	BA16-051	Meera Bhoi
14	Lochan Rohidas	BA16-052	Lochan Rohidas
15	Ritesh Singh	BS16-037	R. Singh
16	Bhisma Majhi	BA16-019	Bhisma Majhi
17	Chiranjit Sahu	BS16-097	C. Sahu
18	Chitra Sen Seth	BA16-057	C. Seth
19	Harri Bag	BA16-061	Harri Bag
20	Saswata Gourab Das	BS16-038	S. Gourab Das
21	Susanta Behera	BA16-021	Susanta Behera
22	Surba Srimantada	BS16-098	S. Das
23	Nitin Kumar Das	BA16-047	N. K. Das
24	Manini Barik	BA16-049	Manini Barik
25	Pragati Naik	BS16-040	Pragati Naik
26	Ajaya Naik	BA16-022	Ajaya Naik
27	Dhaneswar Minz	BS16-099	D. Minz
28	Chinnay Shukla	BA17-157	Chinnay Shukla
29	Chunsi Bhoi	BA17-158	Chunsi Bhoi
30	Upendra K. Sathy	BS16-041	Upendra K. Sathy
31	Sudhansu Bheer	BA16-026	S. Bheer
32	Jitendra Rohidas	BS16-100	J. Rohidas
33	A. Dash	BS16-101	A. Dash
24	Ajit Barua	BA17-155	Ajit Barua
35	B. Naik	BS16-042	B. Naik
36	Kumuda Majhi	BA16-033	Kumuda Majhi
37	J. Pradhan	BS16-102	J. Pradhan
38	Binati Dilla	BA16-016	Binati Dilla
39	Puja Bhoi	BA16-038	Puja Bhoi
40	P. Kumara Bhoi	BS16-044	P. Kumara Bhoi



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44	Rubi Sandha	BA17-159	Rubi Sandha
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46	Manini Barik	BA16-049	Manini Barik
47	Anuradha Biswal	BS16-084	A. Biswal
48	Muskan Sahoo	BA16-030	M. Sahoo
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52	Subham Panigrahi	BS16-085	S. Panigrahi
53	Keemudra Majhi	BA16-033	K. Majhi
54	Manisha Pradhan	BA17-161	Manisha Pradhan
55	Subash Chandrabhoi	BS16-050	S. Chandrabhoi
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57	Swaroop Panda	BS16-086	S. Panda
58	Pradip Kishor	BA17-162	Pradip Kishor
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60	Mitrahinda Kalo	BSK-051	M. Kalo
61	Shreefi Barla	BA16-037	Shreefi Barla
62	Basantaku Mahanta	BS16-087	B. Kumar Mahanta
63	Shreefi Barla	BA16-037	Shreefi Barla
64	Ganesh Minz	BA17-163	G. Minz
65	Anshuman Mallik	BS16-052	A. Mallik
67	Tulasi Patel	BA16-049	Tulasi Patel
68	Monu Patel	BS16-088	M. Patel
69	Debasish Tripathy	BA17-164	Debasish Tripathy
70	Tarun Kumar Kisan	BSK-054	T. Kumar Kisan
71	Haru Bag	BA16-061	Haru Bag
72	Rahul Kumar Singh	BS16-091	R. Kumar Singh
73	Kemesh Ch. Seta	BA17-165	Kemesh Ch. Seta
74	Lochan Rohidas	BA16-052	L. Rohidas
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