

Report on International Yoga Day Celebration on 21st June, 2019

The International Yoga Day was observed on 21st June, 2019, was a significant event organized by the institution to promote the physical, mental and spiritual benefits of yoga. The event saw enthusiastic participation from 42 members, 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 stretching exercise, 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.

The International Yoga Day celebration, with the active participation of 42 members, was a resounding success. The event promoted the physical and mental benefits of yoga.


21/6/19
PRINCIPAL
Govt. College, Sundarnarh



Handwritten signature
21/6/19

PRINCIPAL
Govt. College, Sundarnarh