

A Report on International Yoga Day Celebration on 21st June, 2022

The International Yoga Day is celebrated every year on 21st June all over the world. This global event aims to promote physical, mental and spiritual well-being through the practice of yoga. The Yoga Day was celebrated at Govt. College, Sundargarh to create awareness about the wholesome benefits of yoga among the students as well as the faculty of the institution.

The event saw enthusiastic participation from 75 students and other members of the college staff, 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.

Yoga Sessions:

The event began at 06.00 AM which was inaugurated by the Principal Dr. L. R. Sahu with a short speech on the significance of this occasion and the importance of yoga in daily life. A certified yoga instructor demonstrated a series of yoga asanas (poses) and pranayama (breathing) exercises, focusing on relaxation, flexibility and stress reduction. The participants were taught to practise the exercises properly to reap the full benefits of yoga.

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.

Group Activities:

Group activities such as partner yoga and synchronized breathing exercises were also conducted to infuse a sense of community and teamwork among the participants.

Physical and Mental Well-being:

Participants reported feeling physically rejuvenated and mentally refreshed after the yoga sessions. Most of them experienced improvement in flexibility, posture, overall fitness and a sense of well-being. The meditation and mindfulness sessions helped them manage their stress and anxiety better.

The two-hour long yoga event came to a successful end with a vote of thanks by the Principal to all the participants.



02/07/24
Principal
Government College
Sundargarh

OFFICE OF THE PRINCIPAL GOVT. COLLEGE, SUNDARGARH

NO.1592...DATE...20/06/22


NOTICE

This is for the information of all concerned that the 'International Yoga Day' will be celebrated on 21.06.2022 in Govt. College, Sundargarh at 6.00 AM. Therefore, all members of the teaching and non-teaching staff (+2,+3,P.G and B.Ed. wings) are requested to be present at the A.L. Nair stadium in front of the college along with the students of their respective departments at 5.45.AM to participate in the event without fail.


Principal
20/06/22
Govt. College, Sundargarh

Memo No.....1593.....Date.....20/06/22.....

Copy to All Notice Board/ SCR Guard file/ Office Guard File/ S.O for information and necessary action.


Principal
20/06/22
Govt. College, Sundargarh


Principal
02/07/24
Government College
Sundargarh