

***CELEBRATION OF INTERNATIONAL YOGA DAY
ORGANIZED JOINTLY BY DEPARTMENT OF
PHYSICAL EDUCATION, NSS AND NCC.***

Date: 21st June 2025

Venue: College Ground

Organized by: Department of Physical Education, NSS, and NCC

The International Yoga Day was celebrated with great enthusiasm and spirit on 21st June 2025 under the joint initiative of the Department of Physical Education, NSS Unit, and NCC of our institution. The event aimed to raise awareness about the importance of yoga in daily life, promote physical and mental well-being, and encourage students and staff to incorporate yoga into their routines.

The program commenced at 6:30 AM at the college ground with a welcome address by the Head of the Department of Physical Education, who highlighted the significance of Yoga Day and the benefits of practicing yoga regularly. He emphasized the importance of adopting yoga as a holistic approach to health and well-being.

The Chief Guest for the event was Dr. (Name), a renowned yoga expert and wellness coach, who conducted a detailed yoga session and delivered an inspirational talk on the science behind yoga and its global relevance. In his address, he spoke about the theme of this year's Yoga Day – **“Yoga for Self and Society”**, stressing the role of yoga in building resilience, harmony, and a balanced lifestyle.

The session began with a prayer and warm-up exercises, followed by the systematic performance of various asanas, including **Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Shavasana**, among others. Breathing techniques such as **Pranayama** and **Kapalabhati** were also practiced. Around 250 participants including students, faculty members, NSS volunteers, NCC cadets, and staff members took part actively in the session.

The NSS volunteers and NCC cadets played a crucial role in organizing the event efficiently, from arranging the venue and distributing yoga mats to assisting participants throughout the session. Informative banners and posters were displayed across the campus to spread awareness about the health benefits of yoga.

Refreshments were served after the yoga session, and participation certificates were distributed to all attendees. Feedback collected from participants showed a high level of satisfaction and a willingness to attend similar events in the future.

The celebration concluded with a vote of thanks delivered by the NSS Program Officer, who expressed gratitude to the Principal, faculty members, volunteers, and the Chief Guest for their support and involvement in making the event a success. Special thanks were extended to the organizing committee for their dedication and teamwork.

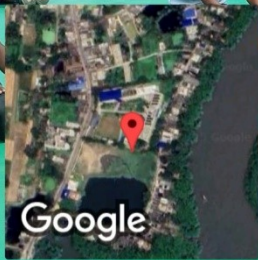
In conclusion, the celebration of International Yoga Day served as a reminder of India's rich cultural heritage and the timeless relevance of yoga in promoting physical, mental, and emotional wellness. The joint efforts of the Department of Physical Education, NSS, and

NCC not only made the event successful but also demonstrated the importance of collaboration in promoting national and global health initiatives.





GPS Map Camera



Raidighi, West Bengal, India

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Raidighi, West Bengal 743383, India

Lat 21.991264° Long 88.440942°

21/06/2025 09:24 AM GMT +05:30

