

Report on Yoga Day Celebration

Date: 21 June 2025

Theme: Yoga for One Earth, One Health

Organized by: Kalyan College of Nursing Rajura

The International Yoga Day was celebrated with great enthusiasm and spirit on 21st June 2025 in our institution. The program aimed to spread awareness about the importance of yoga in maintaining physical health, mental peace, and a balanced lifestyle.

The celebration began in the morning with a welcome address by the Principal, who highlighted the significance of yoga in our daily lives and encouraged everyone to adopt it as a regular practice. Students, teachers, and staff members actively participated in the event.

A trained yoga instructor guided the participants through various yoga asanas, pranayama (breathing exercises), and meditation techniques. The session included basic postures such as Tadasana, Vrikshasana, Bhujangasana, and Surya Namaskar. The instructor explained the benefits of each asana and demonstrated the correct techniques to ensure safety and effectiveness.

Participants experienced a sense of relaxation and positivity throughout the session. The meditation segment helped everyone feel calm, focused, and refreshed. The program emphasized how yoga helps reduce stress, improve concentration, enhance flexibility, and promote overall well-being.

The event concluded with a vote of thanks, expressing gratitude to the organizers, instructor, and participants for making the celebration successful. The Yoga Day celebration inspired everyone to include yoga in their daily routine and work towards a healthier and happier life.

