



Report on

"INTERNATIONAL YOGA DAY 2024".

Date: 21st June 2024

Venue: Yoga Lawn, KRMU Campus

Event Type: Training Session

Mode of Activity: Offline

Target Audience: Pan-University Students and Staff

Resource Person: Mr. Pushpender, Yoga Teacher & Evaluator, AAYUSH Govt. of India

Faculty Coordinators: Dr. Neeraj Kumari (NSS Coordinator) Dr. Manju Rani (Chetna Society Coordinator)

Organized by: NSS K. R. Mangalam University in Collaboration with Chetna Society Number of Participants:

Introduction:

International Yoga Day is celebrated annually on June 21 st to promote the practice of yoga and its numerous benefits for physical, mental, and spiritual well-being. The idea of an International Day of Yoga was first proposed by the Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly (UNGA) in 2014. The International Yoga Day 2024 was celebrated with great enthusiasm and fervor at the KRMU Campus on 21 st June 2024. The event, themed 'Yoga for Wellness,' aimed to promote physical, mental, and spiritual well-being among the university's students and staff. Organized by the NSS & Chetna Society, this event featured an expert session conducted by the esteemed Mr. Pushpender, a renowned Yoga Teacher and Evaluator from AAYUSH.

Objectives

1. Promote Wellness: Highlight the benefits of yoga for overall wellness.
2. Encourage Participation: Engage students and staff in yoga practices.
3. Raise Awareness: Spread awareness about the significance of yoga in daily life.

Event Overview



The event commenced at 07:00 AM at the Yoga Lawn, a serene area within the KRMU Campus, perfectly suited for such a rejuvenating activity. The session began with a welcome address by Dr. Neeraj Kumari, the NSS Coordinator, who emphasized the importance of incorporating yoga into our daily routines for a healthier lifestyle.

Session by Mr. Pushpender

Mr. Pushpender led the session with his extensive knowledge and expertise in yoga. He began with a brief introduction to the history and philosophy of yoga, stressing its significance in contemporary times. Following this, he guided the participants through a series of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques.

- Warm-Up Exercises: The session started with simple warm-up exercises to prepare the body.
- Asanas: Participants were taught various asanas like Surya Namaskar (Sun Salutation), Tadasana (Mountain Pose), and Vrikshasana (Tree Pose).
- Pranayama: Techniques such as Anulom Vilom (Alternate Nostril Breathing) and Kapalbhathi (Breath of Fire) were demonstrated.
- Meditation: The session concluded with a guided meditation to promote mental clarity and relaxation.

Participant Engagement

The event saw active participation from a diverse group of students and staff members. The interactive nature of the session allowed participants to ask questions and receive personalized guidance from Mr. Pushpender. The hands-on approach ensured that everyone, regardless of their experience level, could benefit from the session.

Feedback and Impact

Post-event feedback was overwhelmingly positive. Participants expressed their gratitude for the opportunity to learn from an expert and reported feeling more relaxed and rejuvenated. Many indicated their intention to incorporate yoga into their daily routines, highlighting the event's success in promoting wellness.



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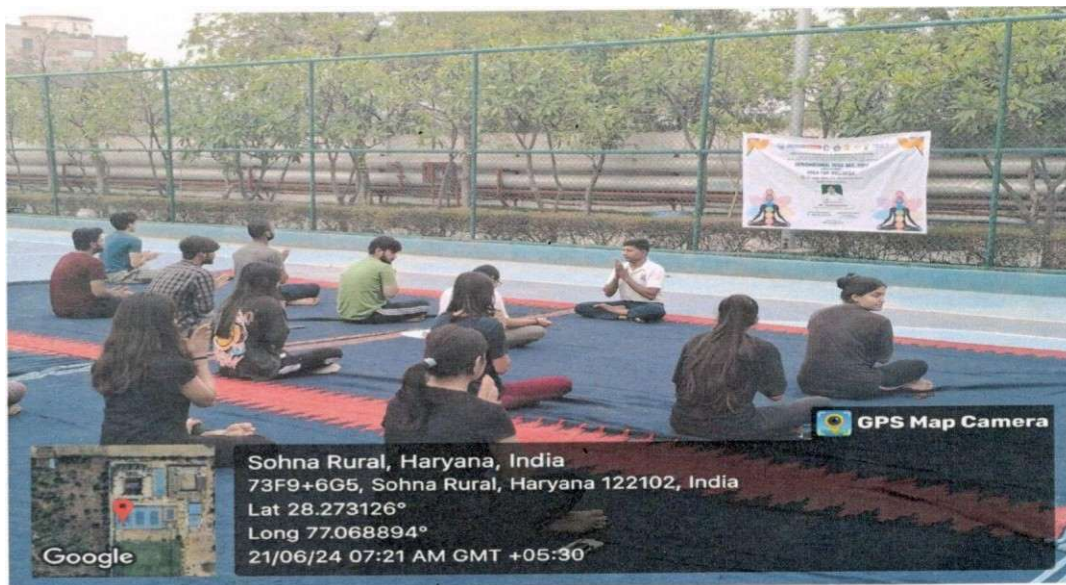


Key Takeaways

- **Increased Awareness:** Enhanced understanding of the importance of yoga for mental and physical health.
- **Skill Development:** Acquisition of practical yoga skills that participants can continue practicing.
- **Community Building:** Strengthened sense of community among university members through shared activity.

Conclusion

The International Yoga Day 2024 celebration at KRMU Campus was a resounding success. Through the expert guidance of Mr. Pushpender and the dedicated efforts of the Chetna Society, the event effectively promoted the theme 'Yoga for Wellness.' It underscored the role of yoga in fostering a balanced and healthy lifestyle, leaving a lasting impact on all participants.



Yoga session



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