



**ASHTAVAKRA**  
Institute of Rehabilitation Sciences and Research  
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085



### EVENT NAME

Title of Activity\*

**International Yoga Day**

Values

- Holistic Well-being
- Unity and Harmony
- Discipline and Consistency
- Peace and Tranquility
- Inclusivity and Accessibility

Learning Outcomes

- Enhanced Physical Fitness
- Improved Mental Health
- Mindfulness and Self-Awareness
- Cultural Awareness and Respect
- Stress Management Technique

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)\*

Fit India Youth Club

Program Theme\*

**Yoga for Health and Harmony**

External Expert / Internal Expert

Mr. Vikas Kumar

Date\*

**21.06.2024**

Time\*

10:00 AM – 11:00 AM

Venue

District Park, Sector 14, Rohini.

### CIRCULAR

Poster/Flyer/Notice\*

This is to inform all the faculty members & students that Ashtavakra Institute of Rehabilitation Sciences & Research will be celebrating **International Yoga Day** on **21<sup>st</sup> June 2024**. This event is an excellent opportunity for us to come together and promote the physical and mental well-being that yoga offers.

**Yoga Session Details:**

**Time:** 10:00 AM – 11:00 AM

**Venue:** District Park, Rohini.

Let us come together to celebrate this day and embrace the holistic benefits of yoga. We look forward to your enthusiastic participation.

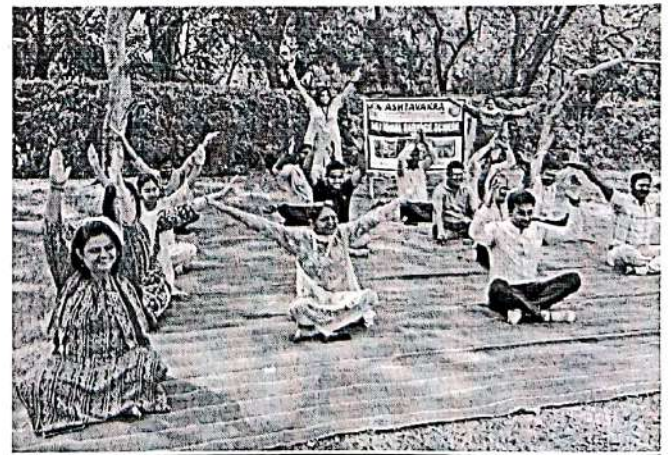
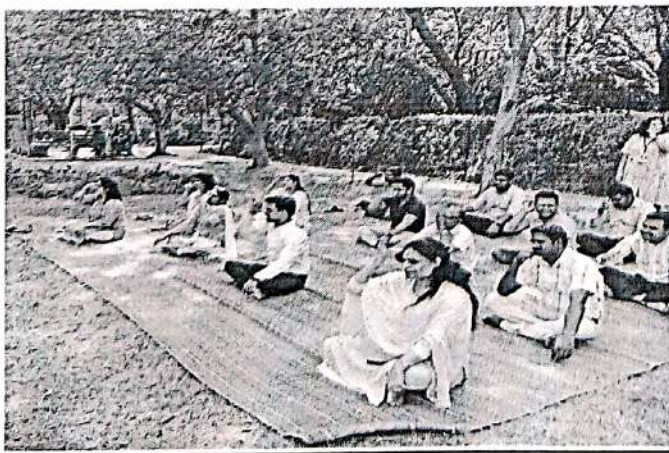
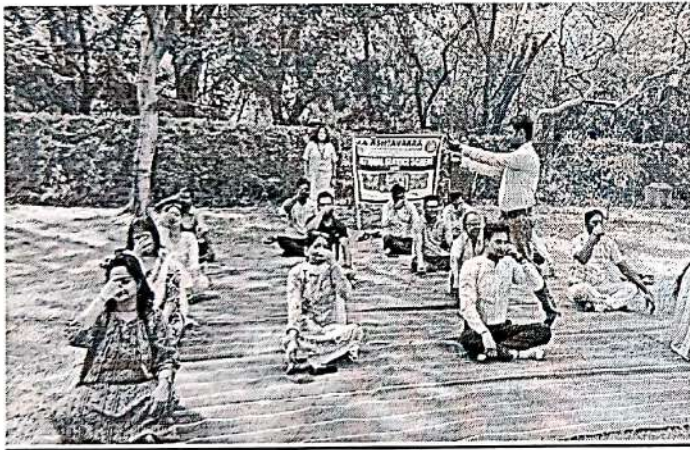




<b>Social media link</b> (promoting in any one Facebook/Instagram/Twitter is mandatory)	<a href="https://www.instagram.com/reel/C8evrPcJQ58/?igsh=cWlwMzZmeXI4Mmk3">https://www.instagram.com/reel/C8evrPcJQ58/?igsh=cWlwMzZmeXI4Mmk3</a>
<b>No. of Students*</b> (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	30
<b>No. of Faculty*</b> (only no. to be written , list in excel or word should be maintain at department level as proof for any further requirement)	01
<b>No. of External Participants (students + faculty)</b> [write NA if not applicable]	N.A

**(Geotag) Photograph\***

**Photograph of the Event with the Caption**





**Report: Description in (min 250 to max 800 words)\***

International Yoga Day was celebrated with great enthusiasm at Ashtavakra Institute of Rehabilitation Sciences & Research on 21<sup>st</sup> June 2024. The day was marked by a series of activities aimed at promoting the physical and mental well-being of our faculty members and highlighting the inclusive benefits of yoga for all, including persons with disabilities (Divyangjan). The event was attended by a large number of faculty members, reflecting their commitment to health and wellness. Yoga Session was led by **Mr. Vikas Kumar**. All the faculty members participated in the session, arriving promptly in comfortable attire and with their yoga mats. The session included a variety of yoga postures (asanas), breathing exercises (pranayama), and meditation techniques aimed at reducing stress, improving flexibility, and enhancing mental clarity. Participants expressed high satisfaction with the session. Many reported feeling relaxed and rejuvenated, appreciating the opportunity to learn and practice yoga in a supportive environment. The celebration of International Yoga Day at AIRSR was a resounding success. The yoga session and panel discussion collectively emphasized the holistic benefits of yoga and its importance in fostering an inclusive environment. The active participation and positive feedback from faculty members highlight the event's impact and underscore the importance of continuing such initiatives. We extend our heartfelt gratitude to all the participants for making this event memorable and meaningful.

**Recourse Person**

NA

**Attendance Sheet\***

*Attached at the end of Report*

**Feedback**


*Sample feedback Attached at the end of Report*

**Report Submitted by Convener (write faculty coordinator name)**

Mr. Vikas Kumar

**For Office Use**

  
**Signature of Event Coordinator**

  
**Signature of Club In-charge**  
*(With Seal)*

Asst. Prof. in the Dept. of Rehabilitation Sciences and Research  
Ashtavakra Institute of Rehabilitation Sciences and Research  
Mansarovar Chowk, Rohini, Delhi-110085

**List of Beneficiary**

30