



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



राष्ट्रीय सेवा योजना  
National Service Scheme  
युवा कार्यकम और खेल मंत्रालय  
Ministry of Youth Affairs and Sports  
भारत सरकार  
Government of India

**EVENT NAME:- International Yoga Day**

**Title of Activity\***

International Yoga Day

**Values**

International Yoga Day is a strong reminder how yoga can help you find peace of mind , lower your stress levels, get in better shape, and clear your mind.

**Learning Outcomes**

Understand the physical, mental, and emotional benefits of yoga.  
Recognize e yoga as a holistic practice for maintaining overall well  
Learn and perform basic yoga postures (asanas), breathing techniques (pranayama), and meditation.  
Improve flexibility, posture, focus, and stress management through regular practice

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

NSS Cell

**Program Theme\***

**Yoga for One Earth One Health**

**External Expert / Internal Expert**

Ms. Preeti Goyal

**Date\***

21<sup>st</sup> June 2025

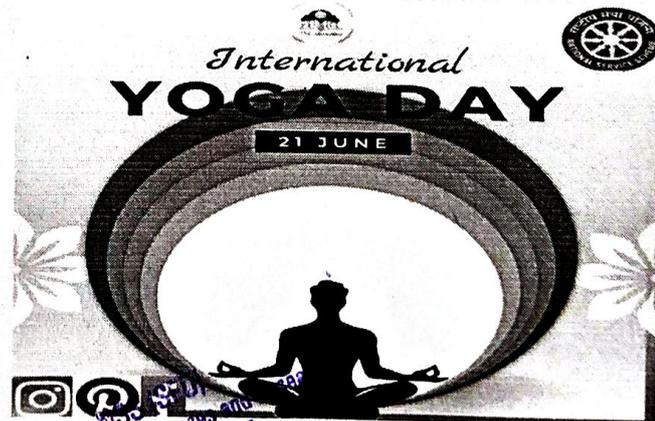
**Time\***

10:00A.M – 11:30 A.M.

**Venue**

Ashtavakra Institute of Rehabilitation Sciences And Research

**Poster/Flyer/Notice\***



**Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)**

<https://www.facebook.com/share/1AchlQL92d/?mibextid=ww>

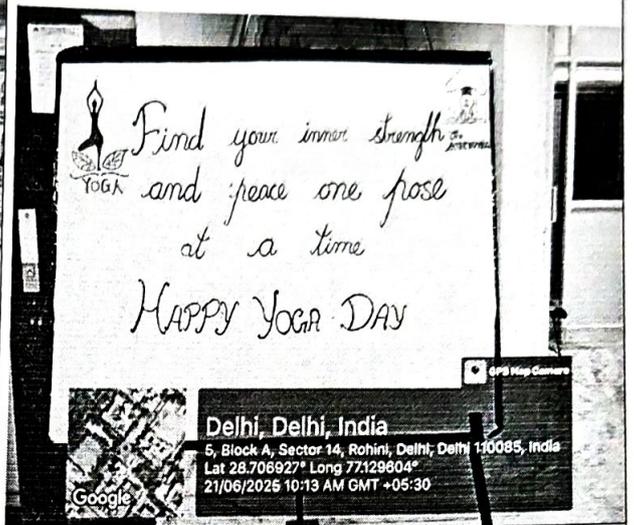
ASHTAVAKRA  
Ashtavakra Institute of  
Madhuban Chowk  
Rohini Sector-14  
Delhi-110085

<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)	<p style="text-align: center;"><b>25</b></p>
<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)	<p style="text-align: center;"><b>15</b></p>
<b>No. of External Participants (students + faculty)</b> [write NA if not applicable]	<p style="text-align: center;"><b>NA</b></p>
<b>(Geotag) Photograph*</b>	
<p style="text-align: center;">Photograph of the Event with the Caption</p>	

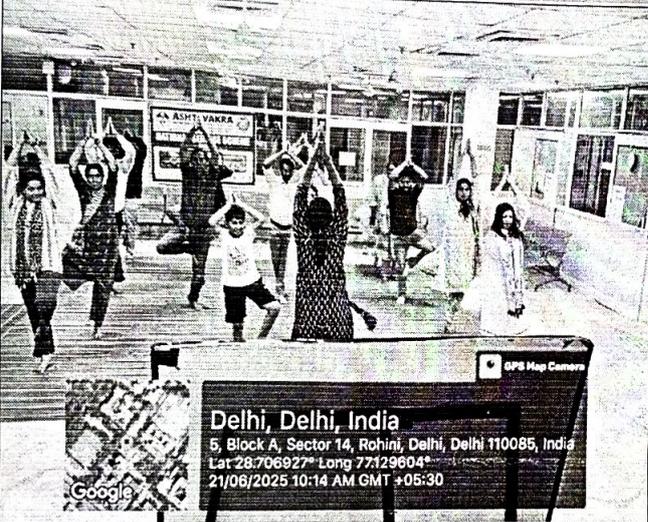
Program Officer, MSS (SFI)  
 Ashtavakra Institute of Religion, Education Sciences and Research  
 Madhuvan Choudhary, Noida, Delhi-110085  
*Prachi Roy*



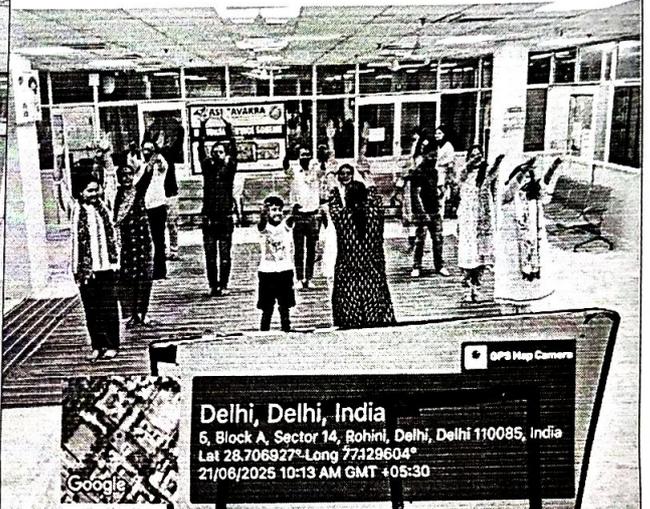
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21/06/2025 10:51 AM GMT +05:30



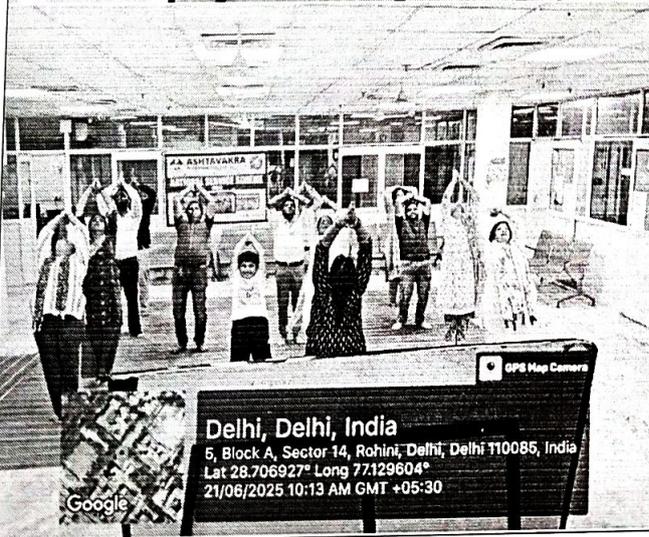
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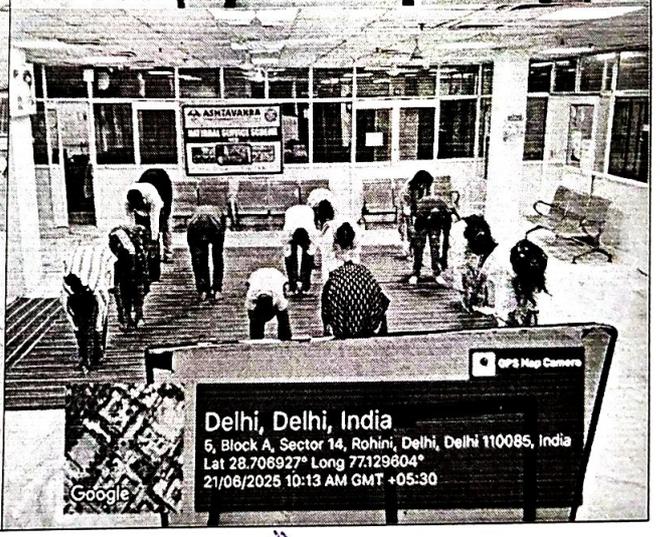
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Program Officer, NSS (SFU)  
Ashtavakra Institute of  
Yoga and Health Sciences and Research  
Rohini, Delhi-110085

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

International Yoga Day, observed every year on **June 21**, was established by the United Nations in December 2014, following a proposal by Indian Prime Minister Narendra Modi at the UN General Assembly. The date aligns with the summer solstice in the Northern Hemisphere, symbolizing energy, vitality, and the natural cycle of renewal

Yoga, originating in ancient India over 5,000 years ago, is more than physical exercise—it is a timeless practice rooted in Sanskrit philosophy, meaning “union”—the unity of mind, body, and spirit. Traditional elements include asanas (postures), pranayama (breath control), dhyana (meditation), and ethical precepts that foster mindfulness, resilience, and inner balance.

The first International Yoga Day was celebrated on June 21, 2015, with a mass event in New Delhi featuring nearly 36,000 participants—including practitioners from 84 countries—marking one of the largest yoga gatherings in history. Since then, the day has grown into a global phenomenon, with public sessions in iconic locations like New York, Paris, Kuala Lumpur, and Bangkok, and even in remote places such as Antarctica and the Siachen Glacier.

Each year carries a theme spotlighting contemporary challenges: 2025’s “Yoga for One Earth, One Health” highlights the intertwined well-being of humans and the planet. Celebrations typically involve community yoga gatherings, mindfulness workshops, educational seminars, and social media campaigns featuring inspiring messages and quotes.

Recourse Person

NA

Attendance Sheet\*

Attached at the end of Report

Feedback

Event was full of joy, productive and interactive.

Report Submitted by Convener (write faculty coordinator name)

For Office Use

Program Officer - NSS (SFU)  
Ashtavakra Institute of Yoga Sciences and Research  
Madhuban, Varanasi, India - 221005

Signature of Event Coordinator Project Officer, NSS (SFU) Pravara Institute of Education and Research Khamgaon, Dist. Nashik-420085	Signature of School/Department Head (With Seal)
<u>List of Beneficiary</u>	

Fields marked with '\*' are mandatory

### LIST OF STUDENT PARTICIPANTS

S. No.	Name
1	Kareena Solanki
2	Himani Solanki
3	Bhumika
4	Vansh Khatri
5	Harshita Rathore
6	Samriddhi
7	Jiya khatri
8	Chetna Rohilla
9	Manisha
10	Vanshika
11	Muskan
12	Tanya
13	Garima
14	Vanshika
15	Nisha
16	Dev joon
17	Dimple Bhardwaj

18	Manoj
19	Prateek rana
20	Madhuri
21	Shivansh
22	Piyush Dabas
23	Aditya Khatri
24	Chirag
25	Shreya
26	Ms. Neeti kaushik

*Prateek*  
PROGRAM OFFICE  
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Madhuban Ghosia, Ghosia, Delhi-110085