

REPORT ON INTERNATIONAL DAY OF YOGA (IDY)

Event Date: - 21st June, 2025

Event Venue: - GLBITM (Main Ground)

Event Details:-

To commemorate the **11th International Day of Yoga**, our institution organized a special event on 21st June 2025 with great enthusiasm and participation from students, faculties, and staff members. The theme for this year's celebration was "**Yoga for One Earth, One Health**", highlighting the importance of maintaining inner peace and contributing positively to the world around us. The event aimed to raise awareness about the immense benefits of yoga and to encourage its adoption for a healthier and more peaceful life.

The program began early in the morning with a welcome speech and I also had the opportunity to briefly introduce the importance of International Day of Yoga touching upon how yoga is not just an exercise but a lifestyle that harmonizes the body, mind and soul. More than 150 faculty members and students enthusiastically participated in the event, following instructions with sincerity and discipline.

Program Highlights:-

We began a yoga session which included:

- Warm-up and Sukshma Vyayam to prepare the body for the session.
- Asanas like **Tadasana, Trikonasana, Paschimottanasana, Gomukhasana, Ustrasana, Bhujangasana, Shavasana.**
- Pranayama like **Kapalbhati, Anulom-Vilom, Brahmri** for calming the breath and enhancing focus.
- A short session of guided meditation to encourage mindfulness and stress relief.

Objective of the Event:-

- To promote physical, mental, and spiritual well-being through yoga.
- To create awareness about the significance of yoga in everyday life.
- To motivate students and faculty members to make yoga a regular habit.
- To instill values of discipline, concentration, and mindfulness.

Conclusion:-

International Day of Yoga 2025 at GL Bajaj Institute was a remarkable event that left a lasting impression on all of us. As Sneha Chaudhary (Yoga Instructor), I feel proud to have been part of a movement that emphasizes health, peace, and inner balance. I sincerely hope that this tradition continues to grow and inspire more people in the years to come.







