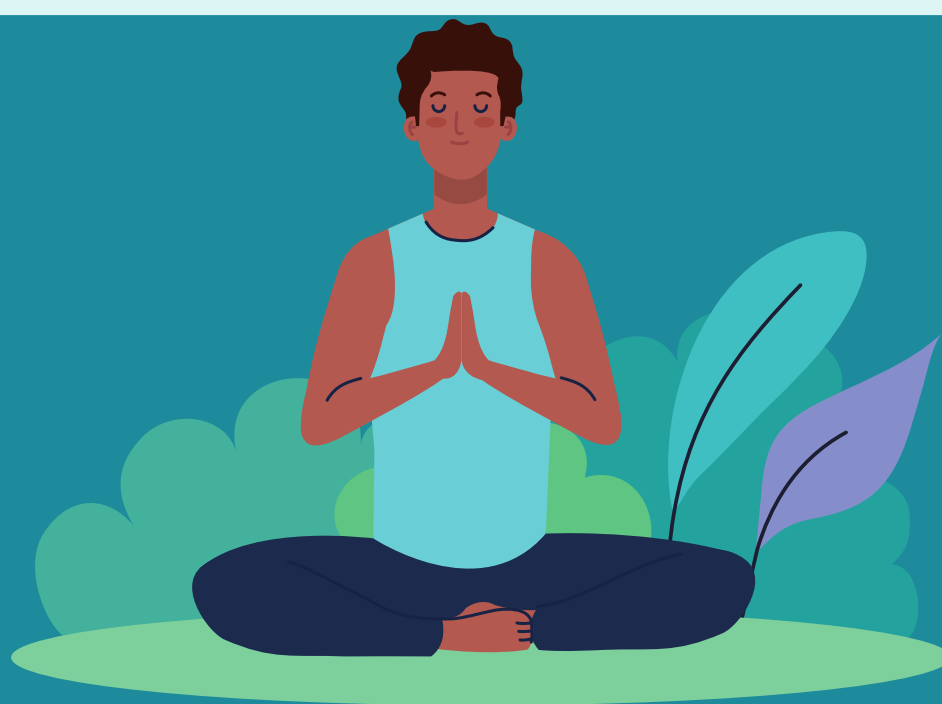


ASANA AWAKENING

ON THE OCCASION OF INTERNATIONAL YOGA DAY CELEBRATIONS 2025

20TH JUNE 2025



ASANA CLUB IS VERY PLEASED TO INVITE YOU TO

Asana Awakening

ON THE OCCASSION OF

INTERNATIONAL YOGA DAY

Save The Date

Fri , 20 June, 2025

FROM

9:30AM TO 10:30AM

 **FST Grass Area**



yoga is for everybody

Dress Code: Wear any comfortable, flexible and
breathable clothing of your choice.



EVENT NAME: ASANA AWAKENING

ORGANIZED BY: ASANA CLUB

DATE: 20TH JUNE 2025

TIME: 10:00 AM – 11:00 AM


VENUE: LAWN AREA

Introduction: In celebration of International Yoga Day, the Asana Club of IFHE— organized a revitalizing yoga session titled “Asana Awakening”. The event took place on 20th June 2025, aiming to foster holistic health and mindfulness within the campus.

Objectives of the Event:

- To spread awareness about the importance of yoga in daily life.
- To promote physical fitness and mental well-being among students and staff.
- To create a community experience that brings together all stakeholders in the spirit of health and harmony.
- To encourage regular yoga practice as a way to manage stress and enhance concentration.





Event Highlights: Set amidst the natural calm of the FST Grass Area, the yoga session offered the perfect backdrop for peace and rejuvenation.


Renowned yoga trainers Mr. Sanjay and Ms. Sangeetha conducted the session, guiding participants through a blend of foundational and intense yoga postures, focusing on breathing, flexibility, and endurance.

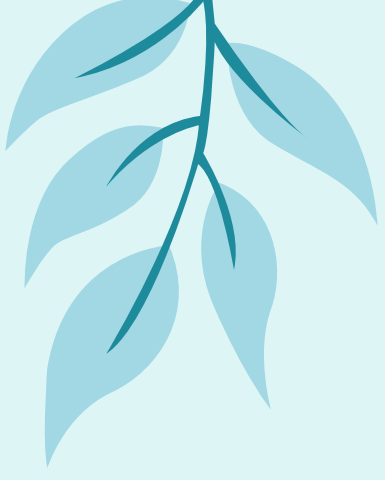
The participants were led through challenging asanas that pushed their physical limits, yet offered a sense of calm and grounding.

The event saw enthusiastic participation from students, faculty members, and the Asana Club core team, reflecting a strong sense of unity and commitment to wellness.

"Yoga is not only for physical fitness but also for mental well-being."

This quote resonated through the event as participants experienced first hand how mindful movement and breath work promote both physical vitality and inner peace.





Special Address: Following the session, Dr. K.L. Narayana, Director of IFHE, delivered an encouraging address emphasizing the importance of integrating yoga into everyday life. He spoke about how yoga can be a powerful tool for students to manage academic stress and maintain mental clarity.

Conclusion:

The event concluded with light refreshments, allowing attendees to unwind and connect with one another in a relaxed atmosphere.

“Asana Awakening” was a meaningful celebration of International Yoga Day—one that left participants energized, focused, and inspired to carry the principles of yoga beyond the mat.









