

YOGA BLISS: On The Occasion of International Yoga Day

Organized by: Asana Club

Date: 21 June 2024

Venue: FST Grass Area

Timings: 9:30am - 10:30am

Objectives of the Yoga Day:

The Yoga Day event successfully achieved its objectives, creating a meaningful and enriching experience for all participants:

- **Promoted Physical Health:** The event encouraged the practice of yoga, enhancing participants' physical well-being, flexibility, strength, and overall fitness.
- **Raised Mental Health Awareness:** It highlighted the benefits of yoga in reducing stress, anxiety, and depression, and in promoting mental clarity and peace.
- **Fostered Cultural Awareness:** Attendees gained a deeper understanding and appreciation of the cultural heritage and history of yoga, emphasizing its origins and traditional practices.
- **Built Community:** The event brought people together, fostering a sense of community and collective well-being through shared yoga practices and activities.
- **Provided Education and Training:** Educational sessions, workshops, and demonstrations taught proper techniques, benefits, and various styles of yoga, enhancing participants' knowledge and skills.
- **Ensured Inclusivity and Accessibility:** The event made yoga accessible to people of all ages, backgrounds, and physical abilities, promoting inclusivity in wellness practices.
- **Inspired and Motivated Participants:** It inspired individuals to incorporate yoga into their daily lives and motivated them to continue their personal wellness journeys.

Successes of the Yoga Day Event:

The Yoga Day event at the university was a notable success, highlighted by several key achievements:

- **Strong Participation:** The event saw a significant turnout from students, faculty, and staff, reflecting a high level of interest and engagement within the university community.
- **Positive Feedback:** Attendees provided positive feedback, appreciating the well-organized sessions, the welcoming atmosphere, and the quality of instruction.
- **Immediate Health Benefits:** Many participants reported feeling more relaxed and rejuvenated after the yoga sessions, noting reduced stress levels and increased physical well-being.
- **Varied Sessions:** The event featured a variety of activities, including beginner and advanced yoga classes, meditation sessions, and workshops on holistic health, catering to different interests and skill levels.
- **Experienced Instructor:** Qualified yoga instructors from the local community led the sessions, ensuring high-quality guidance and enriching the participants' experience.
- **Campus Awareness:** The event helped raise awareness about the benefits of yoga within the university, encouraging more people to consider incorporating it into their routines.
- **Inclusivity and Accessibility:** Efforts were made to ensure the event was inclusive and accessible, with modifications available for individuals with different physical abilities.
- **Collaborative Efforts:** The event was organized in collaboration with various university departments and student organizations, enhancing its reach and impact.
- **Sustainable Practices:** The event promoted environmentally friendly practices, such as using eco-friendly materials and encouraging a zero-waste approach.

- Educational Impact: Attendees left with a better understanding of yoga, its principles, and its benefits, which they could integrate into their daily lives.

Certificates:

Certificates were provided to all the participants as a token of appreciation for their contribution to the event.

Conclusion:

The Yoga Day event organized by the Asana Club with the help of faculty mentor Dr. Anjanna Matta at the IcfaiTech was a great success. With strong participation from students, faculty, and staff, the event fostered a sense of community and highlighted the benefits of yoga.



