



CENTRE OF EXCELLENCE

Government College Sanjauli

Shimla-06 H.P.

{NATIONAL SERVICE SCHEME}

A REPORT

INTERNATIONAL YOGA DAY 2025

(Yoga For One Earth , One Health)

DATE- 21/06/2025

❖ INTRODUCTION:

On the occasion **International Yoga Day**, celebrated worldwide on 21st June, the **NSS Unit Government College , Sanjauli** came together to organize a vibrant and inspiring **Yoga session**. The event aimed to promoting the importance of mental, physical, and spiritual well-being through the practice of yoga.



❖ YOGA SESSION:



On the occasion of International Yoga Day NSS unit Government College Sanjauli organize a yoga session in college auditorium. More then **40 volunteers** participated in this session and performed many practices of meditation.

❖ ON THAT DAY VARIOUS PERFORMED ASNAS ARE LISTED HERE :-

1. Kapalbhati
2. Anulom Vilom
3. Taad Asan
4. Vajra Asan
5. Bhujang Asan
6. Chakra Asan
7. Dhanur Asan
8. Pranayam
9. Surya Namaskar



❖ YOGA SESSION SPEECH:

The program officer **Dr. Anupam Verma** brief the importance of yoga and enlighten volunteers with there thoughts and perform various “Asanas” with volunteers. He performs various asanas and meditation mudras during session and told volunteers benefits of adopting yoga in their daily routine .

❖ CONCLUSION:

The **International Yoga Day** celebration at Government College Sanjauli was a great success. The event helped spread awareness about the holistic benefits of yoga and inspired students to integrate yoga into their daily routines for better health and well-being.



❖ LINKS:

https://m.facebook.com/story.php?story_fbid=pfbid02pMnVfwRuHrGWy3fMVxRt83No6Syo4Bfc3RazN1BnG8dyHW79kAtuZ73AgYDCzcFZl&id=100067090946545&mibextid=Nif5oz

<https://www.instagram.com/p/DLKsJNaTZvW/?igsh=MTR1MmxibnJubng1aw=>

<https://www.instagram.com/reel/DLmaqkTzqpc/?igsh=dWk1cHN6NmZrbXps>
https://x.com/coe_nss/status/1936435940173512717?t=VtzLh6Dnhlnrq_QWUwpsFw&s=08

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