

Dated – 21st June 2025

Report on

International Yoga Day Celebration

Organized by: Rotaract Club of G.C. Sanjauli

“**Yoga for All, Peace for All**” – this was the spirit with which the Rotaract Club of G.C. Sanjauli celebrated International Yoga Day on 21st June 2025. With the aim of promoting wellness, mindfulness, and a healthy lifestyle, the club members took proactive steps to make yoga accessible to all age groups in their communities.

Club members celebrated this day within their local villages and neighbourhoods, guiding young children and families in practising yoga and understanding its benefits. Special sessions were also conducted in nearby schools, where Rotaractors demonstrated simple yoga postures, breathing exercises, and meditation techniques, helping students experience the holistic advantages of yoga firsthand.

The event fostered a sense of unity and collective well-being, emphasising that wellness is a shared journey. Members encouraged participants to incorporate yoga into their daily routines, promoting physical, mental, and emotional balance. The collaborative efforts of all members ensured that the celebration was both educational and engaging.

The event was successfully led by Event Head **Sneha Sharma** and coordinated by Event Chair **Nandini**, whose dedication and guidance ensured smooth execution. Through this initiative, the Rotaract Club of G.C. Sanjauli once again reinforced its commitment to community service, health awareness, and spreading the message of harmony and peace.



Reported by- Rtr Angel Dipta
General Secretary 25-26