

# Health for All (Life Skill)



Organized by  
NCC Unit of Kalyani Mahavidyalaya

Date: 21.06.2019

Venue: Kalyani Mahavidyalaya

# Report on the Celebration of International Yoga Day (Life Skill)

Date: June 21, 2019

Event: International Yoga Day Celebration

Conducted By: NCC Unit of Kalyani Mahavidyalaya

Participants: Students of Kalyani Mahavidyalaya

## **Introduction**

International Yoga Day, observed annually on June 21, is a global event dedicated to the practice and promotion of yoga. The NCC Unit of Kalyani Mahavidyalaya organized a special event to celebrate this day, emphasizing its importance as a life skill. The celebration aimed to raise awareness about the benefits of yoga and encourage students to integrate it into their daily lives.

## **Event Overview**

The event was held on the college grounds, with a serene outdoor setting chosen to enhance the yoga experience. The program began with an opening address by the NCC Unit coordinator, who highlighted the significance of yoga in improving physical health, mental well-being, and overall life skills.

## **Program Highlights**

### 1. Opening Ceremony:

- The event commenced with a brief introduction about International Yoga Day and its history.
- The NCC Unit coordinator delivered an inspiring speech about the transformative power of yoga and its role in fostering a balanced lifestyle.

### 2. Yoga Session:

- A professional yoga instructor led the session, guiding students through a series of asanas (yoga poses) and breathing exercises.
- The session covered a range of poses suitable for all levels, including basic stretches, balance exercises, and relaxation techniques.
- Emphasis was placed on proper breathing and mindfulness, ensuring participants could experience the full benefits of each pose.

### 3. Interactive Workshop:

- Following the yoga session, an interactive workshop was conducted to discuss the practical applications of yoga in daily life.
- Topics covered included stress management, improving concentration, and incorporating yoga into a busy schedule.

#### 4. Student Reflections:

- Several students shared their personal experiences with yoga and its impact on their well-being.
- Positive feedback was received regarding the session's effectiveness in enhancing physical fitness and mental clarity.

#### 5. Closing Remarks:

- The event concluded with closing remarks from the NCC Unit coordinator, who encouraged students to continue practicing yoga and incorporate it into their daily routines.
- Certificates of participation were distributed to students as a token of appreciation for their involvement.

### **Impact and Feedback**

The celebration of International Yoga Day was well-received by the students of Kalyani Mahavidyalaya. The program successfully highlighted the significance of yoga as a life skill and provided practical insights for its integration into everyday life. Students expressed appreciation for the opportunity to participate in a guided yoga session and learn about its benefits.

Overall, the event not only promoted physical fitness but also fostered a sense of community and mindfulness among participants. The NCC Unit's initiative was instrumental in reinforcing the value of yoga and its role in enhancing overall well-being.

### **Conclusion**

The celebration of International Yoga Day by the NCC Unit of Kalyani Mahavidyalaya was a noteworthy success. It effectively engaged students in the practice of yoga and underscored its importance as a life skill. The positive outcomes and enthusiastic participation reflect the program's impact and the potential for future events of a similar nature.

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# Health For All



## International Yoga Day Celebration-2019

*Organized by*

**NCC unit**

**Kalyani Mahavidyalaya**

**Date: 21.06.2019**

**Venue: Yoga Centre, Kalyani Mahavidyalaya**

**All Faculties, Staff members and Students are Requested to Register for  
This Event on Spot**



**Celebration of International YOGA DAY-2019**

**Date: 21/06/2019**