

Event Report of Celebration of International Day of Yoga on 21.06.2026

- **Name of the activity :** International Day of Yoga Celebration
- **Category :** Yoga Day Celebration
- **Organising unit :** RKSMVV.
- **Date :** 21.06.2026
- **Time :** 6:30 am to 7:45 am
- **Venue :** RKSMVV Campus etc.
- **Number of Participants :** Participants 124 (Two students participated in the yoga session at Red Road).
- **Brief description of the event :** The International Yoga Day was celebrated on 21 June 2026 at RKSMVV Campus from 6:30 a.m. to 7:45 a.m. with great enthusiasm and active participation from students, teachers, and staff members. The event commenced with a brief introduction highlighting the significance of International Yoga Day and the benefits of regular yoga practice. Participants then performed various yoga asanas, pranayama, and meditation exercises under the guidance of trained instructors. The session focused on improving flexibility, concentration, stress management, and overall health.

Students, teachers, and staff members participated wholeheartedly in the programme. The peaceful and disciplined atmosphere encouraged everyone to embrace yoga as a daily practice for achieving harmony between body and mind.

The event concluded with a vote of thanks, inspiring all participants to incorporate yoga into their daily lives and contribute to building a healthier and more balanced society.
- **Outcomes of the Programme**

The programme aimed to promote the importance of yoga in maintaining physical fitness, mental well-being, self-discipline, a healthy lifestyle and awareness regarding the importance of yoga in daily life .

 - The yoga session helped participants learn various asanas and breathing techniques that contribute to flexibility, balance, and overall physical well-being.
 - Through meditation and pranayama practices, participants experienced relaxation and learned techniques for reducing stress and improving concentration.
 - The programme encouraged participants to incorporate yoga and regular physical activity into their daily routines.
 - The practice session emphasized the importance of patience, and consistency for achieving physical and mental wellness.
 - Participants expressed appreciation for the programme and showed interest in participating in similar wellness and fitness activities in the future.

