

Report on International Yoga Day, 2024

Organised by the Department of Education (PG) and EBSB (SAC Unit),

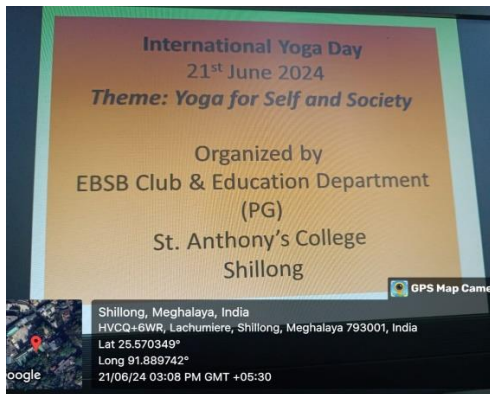
St. Anthony's College

Theme: Yoga for Self and Society

Date: 21st June, 2024.

Introduction:

The Department of Education PG organised an event on International Yoga Day with great enthusiasm. The event was attended by the Head of the Department, the coordinator of EBSB Club, the Resource Person, Faculty members and the Post Graduate students.



Objective: The objective of this celebration, themed “Yoga for Self and Society”, was to foster a connection with a larger global community and to advocate for the widespread adoption of yoga within the institution. By promoting the benefits of yoga, the event aimed to enhance both personal well-being and social harmony, encouraging participants to integrate yoga practices into their daily lives and contribute to a healthier, more balanced society.

Event Highlights:

1. **Master of Ceremony:** The event commenced with the MC outlining the program's order.



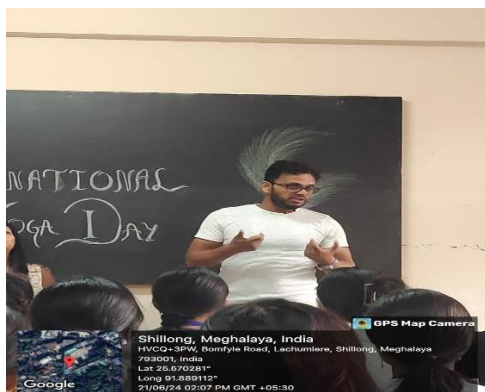
- 2 **Welcome Speech by HOD:** During the event the Head of the Education Department delivered an exceptionally inspiring and encouraging speech. She passionately emphasised the profound importance of yoga, detailing its numerous benefits for both personal well-being and societal health. She warmly welcomed all the participants, highlighting how the practice of yoga can enhance physical and mental health, foster a sense of community, and contribute to a harmonious society. Her words aimed to motivate everyone present to embrace yoga as a transformative practice that can positively impact the lives and the broader community.



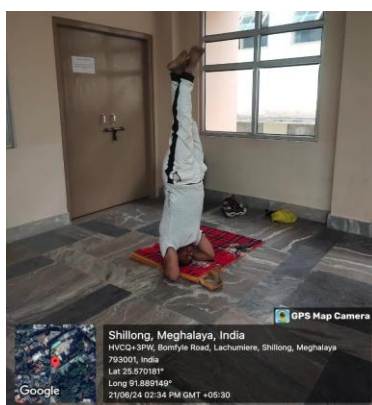
3. **Short Speech by the Coordinator of EBSB Club:** One of the highlight of the event was a short yet impactful speech delivered by Ma'am Irilang L Mawlong (Coordinator EBSB Club). She expressed her delight at seeing such a large turnout, reflecting the growing interest in yoga and its benefits. She conveyed a deep appreciation for the, emphasizing how yoga transcends disciplines and can be embraced by everyone.



4. **Short Speech by the Resource Person:** A significant highlight of the event was the enlightening speech delivered by the Resource Person, Sir Dhananjay Chak, a well-known expert in health and wellness. In his address, he spoke eloquently about the holistic nature of yoga. He emphasized that yoga goes beyond physical exercise, offering a pathway to mental clarity, emotional balanced and spiritual growth.



5. **Yoga Session:** The yoga moves practiced during the session included a variety of postures and stretches aimed at enhancing flexibility, strength and relaxation. These practices collectively contribute to improving physical health, reducing stress, and fostering a sense of balanced and harmony within the body and mind.



3. **The programme concluded with a brief thanksgiving speech delivered by the Resources Person, followed by Hod.**

