

SWAMI VIVEKANAND INSTITUTE OF ENGINEERING & TECHNOLOGY

Approved by AICTE, New Delhi and Affiliated to IKGPTU, Jalandhar

Event Report

Name of an Event: International Yoga Day

Date: 21-06-2025

Venue: Football Ground (Near C-Block)

Coordinator Name: Mr. Sagar Kumar

Keynote Speaker & Yoga Instructor: Mr. Shikher Walia

Organized by: NCC Department, in collaboration with the HR and DSW Departments, with official registration under the **Ministry of AYUSH, Government of India.**

Participants: 30 Faculty Members

Introduction of an Event:

“A healthy mind resides in a healthy body”. With this spirit, Swami Vivekanand Institute of Engineering & Technology (SVIET) celebrated **International Yoga Day** on 21st June 2025. A day dedicated to harmony, balance, and the ancient Indian tradition that has united body, mind, and soul for thousands of years. This special day was observed to spread awareness about the benefits of yoga and to encourage a healthy lifestyle.

The event was registered on the **Ministry of AYUSH** portal and followed this year's theme **#YogaSangam**, which means bringing together traditional yoga practices for better well-being. It is a reminder that yoga is not just an exercise; it is a way of life –that helps us find harmony within ourselves and with the world around us. Faculty members joined together for a peaceful and energetic session to understand how yoga can improve both physical and mental health.

Objectives of the Event:

1. Physical Health and Fitness
2. Mental and Emotional Well-being
3. Self-Discipline and Personal Growth

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4. Spiritual Development

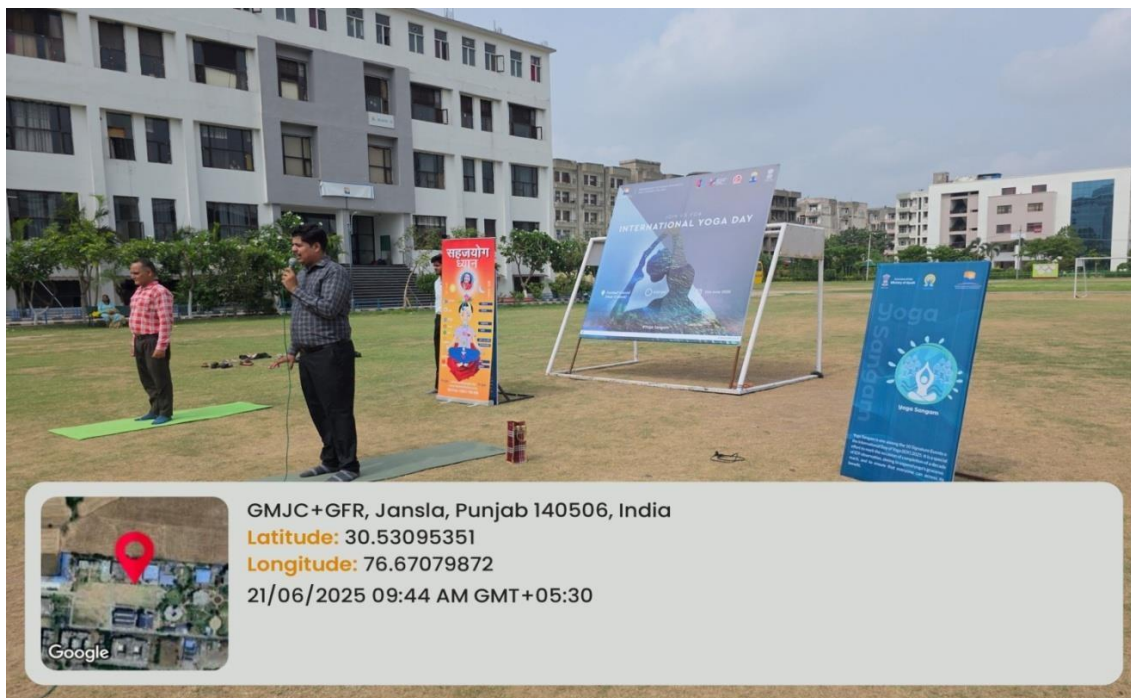
5. Holistic Integration



Flyer of the Event

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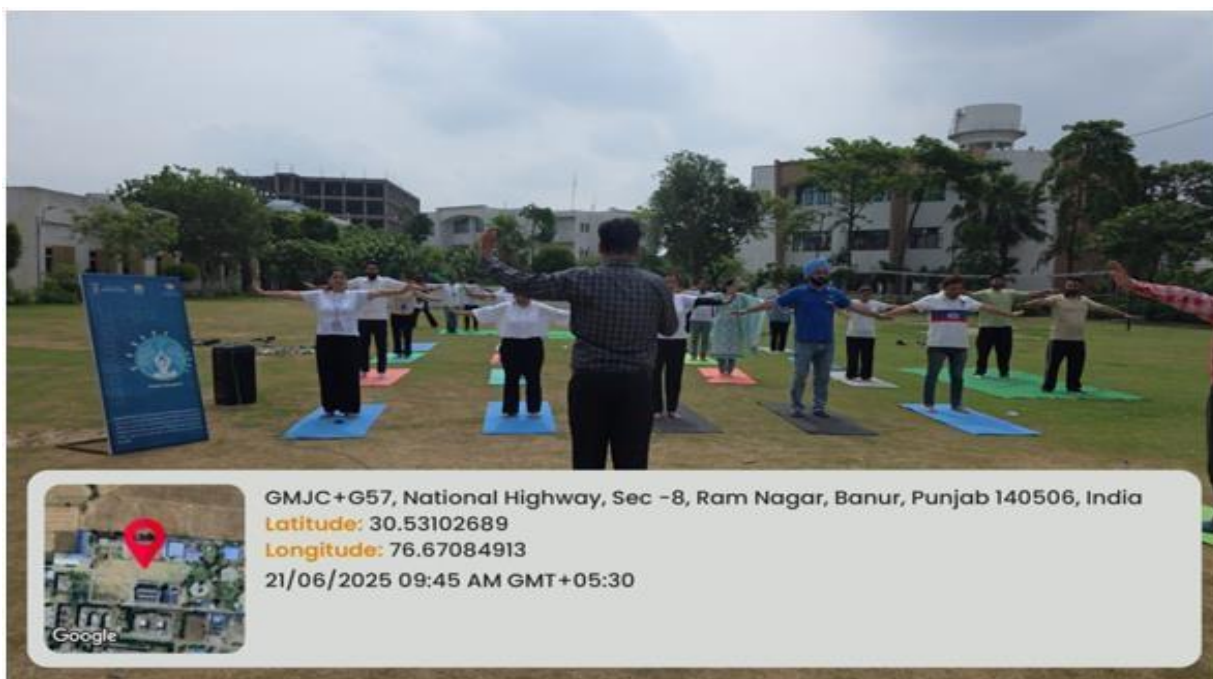
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Some Glimpses of Yoga Session taken by Speaker Mr. Shikher Walia

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Yoga Asanas Performed by Faculty Members

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Presenting Token of Appreciation to Sahajyoga Team

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Highlights of the Event

- **Expert-led Session:** The session was guided by Mr. Shikher Walia, a certified yoga instructor and wellness coach. He led participants through a series of asanas, breathing techniques (pranayama), and mindfulness exercises. Each segment was carefully planned to suit all fitness levels, ensuring comfort and full participation. The day began with enthusiasm and unity, as faculty members gathered on campus to embrace yoga not just as a fitness regime, but as a holistic approach to life.
- **Interactive Learning:** Faculty members were introduced to the philosophy of yoga, its different forms, and how it supports physical, mental, emotional, and spiritual well-being. The session encouraged everyone to see yoga not just as an exercise, but as a way of life — a lifelong practice that helps create calm, strength, and resilience through mindful living.
- **Demonstration & Practice:** Live demonstrations were followed by active participation. The instructor focused on correct alignment, posture, and breathing, providing real-time feedback to ensure participants followed safely and effectively.
- **Focus on Benefits:** The Instructor explained the science behind yoga, including its benefits for stress management, better metabolism, improved immunity, and sound sleep. He highlighted how small, regular practices can bring major changes to both health and lifestyle.
- **Scope for Innovation and Entrepreneurship:** During the session, a brief discussion was held on how yoga offers potential for innovation and entrepreneurship. It was highlighted that with growing global interest in wellness, there are opportunities to innovate through yoga-based startups, digital platforms, fitness products, online training modules, and community wellness initiatives. The idea was to inspire participants to view yoga not only as a personal wellness tool but also as a field with professional and entrepreneurial scope.
- **Closing Reflection:** The session concluded with a short meditation, allowing participants to relax and reflect. It helped reinforce the importance of mindfulness and inspired many to include yoga in their daily routine for long-term well-being.

Key Outcomes

- **Reduced Stress:** The session helped faculty feel relaxed and mentally calm, reducing stress from daily work.

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- **Better Focus:** Yoga improved attention and focus, which can help in teaching and academic tasks.
- **Improved Physical Health:** Light stretches and breathing exercises helped reduce body stiffness and improved posture.
- **Increased Energy:** Faculty members felt more refreshed and energetic after the session.
- **Positive Mood:** The session uplifted mood and brought a sense of peace and happiness.
- **Better Team Bonding:** Practicing together helped faculty connect and build team spirit.
- **Health Awareness:** It reminded everyone of the importance of physical and mental self-care.
- **Motivation for Regular Practice:** Many felt inspired to include yoga or simple exercises in their daily routine.
- **Improved Work-Life Balance:** The session provided a break from routine and encouraged a balanced lifestyle

Collaboration with Ministry of AYUSH

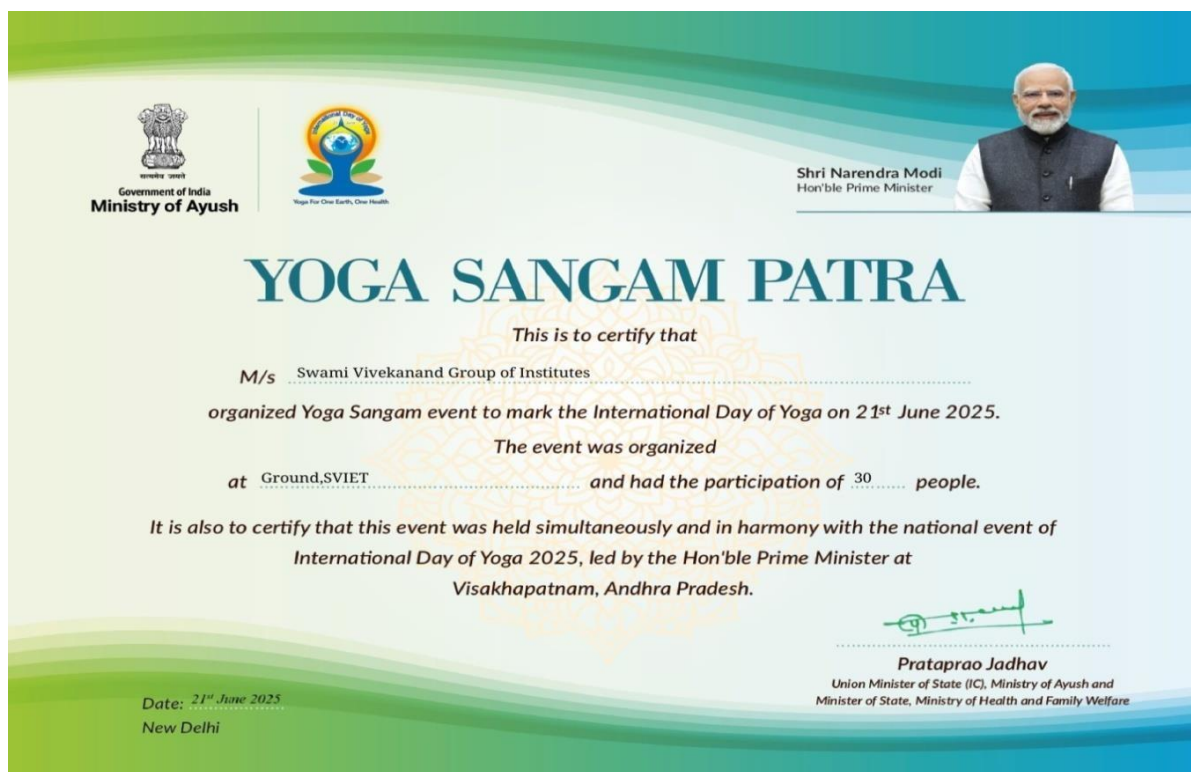
This year's event was officially registered with the **Ministry of AYUSH** (Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy), Government of India. The Ministry plays a vital role in coordinating and promoting the celebration of International Yoga Day both nationally and globally. Through its flagship initiative #YogaSangam, the Ministry encourages:

- **Collaborative Participation:** The Ministry of AYUSH collaborates with local and international organizations, yoga institutions, and practitioners worldwide to showcase diverse yoga traditions.
- **Mass Demonstrations & Digital Events:** Events typically include mass yoga demonstrations, workshops, and expert sessions.
- **Themes for Social Impact:** Each year, International Yoga Day features a theme (e.g., "Yoga for Humanity" in 2022).
- **Cultural Integration:** Yoga Sangam promotes cross-cultural participation, making yoga accessible to people of all backgrounds and abilities.

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- **Prime Minister's Involvement:** The Prime Minister of India usually leads the national celebration, demonstrating yoga asanas with thousands of participants.



Certificate issued by the Government of India Ministry of Ayush #yogasangam

Social Media Links:

- <https://www.instagram.com/p/DLJvXkZzCYn/?igsh>
- <https://www.instagram.com/reel/DLKBNAayBEJ/?igsh>



Mr. Sagar Kumar
(Co-ordinator)