

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

Report on International Yoga Day

NAME OF THE EVENT: International Yoga Day

DATE: 21/06/25

TIME: 9:00 am onwards

VENUE: Multipurpose Hall and Yoga Centre

NO.OF PARTICIPANTS: 15

COORDINATOR: Asst. Prof .Ms. Mandrita Mitra and Asst. Prof. Ms. Shaista Shaikh

ROYAL COLLEGE OF EDUCATION & RESEARCH FOR WOMEN

NAAC Accredited "B++" (1st Cycle)

Women Cell Organizes

International Yoga Day

YOGA FOR ONE EARTH, ONE HEALTH

Principal: Dr. Judy Grace Andrews
Co-ordinator: Asst. Prof. Ms. Mandrita Mitra & Asst. Prof. Ms. Shaista Shaikh
Date: 21st June 2025
Venue: Multipurpose Hall and Yoga Centre
Time: 9:00 A.M onwards

OBJECTIVES:

- To promote physical, mental, and emotional well-being among students and staff through the practice of yoga.

- To raise awareness about the holistic benefits of yoga as a tool for healthy living.
- To foster a culture of wellness, mindfulness, and discipline within the college community.
- To encourage unity, harmony, and a sense of collective participation in a global initiative.
- To motivate participants to adopt yoga as a regular practice for overall development.

REFLECTION:

On the occasion of International Day of Yoga, a special assembly was conducted in the college. The program began with assembly and seen motivational video on yoga followed by an informative paper reading on the significance and benefits of yoga. It helped the students to gain deeper insights into how yoga contributes to overall well-being.

The students also attended a morning online yoga session conducted by Mr. Saurabh Bothra, which was highly engaging and motivating. After the session, we received online participation certificates, which added to our sense of accomplishment.

Later in the day, the students performed various yoga exercises and pranayama, focusing on the mental and physical well-being of a woman and teaching professionals. The S.Y.B.Ed. students took part enthusiastically. With the guidance of the yoga instructor of the college, Ms. Nanda. The students learned not only the correct techniques but also the value of incorporating yoga into their daily lives.

After the session, the students personally felt refreshed, peaceful, and mentally calm. This experience has motivated the students to make yoga a part of my daily routine and dedicate time each day to nurture both body and mind.

LEARNING OUTCOMES:

- Gained knowledge about the importance and health benefits of yoga through informative sessions and practical demonstrations.
- Learned and practiced various yoga asanas focusing on hips, hands, and legs under expert guidance.

- Experienced improved concentration, inner peace, and mental calmness after participating in yoga activities.
- Understood the value of incorporating yoga into daily life for holistic well-being.
- Actively participated in both online and offline sessions, promoting teamwork and collective enthusiasm.
- Received an online certificate after attending the morning yoga session conducted by Saurabh Bothra, enhancing motivation and awareness.
- Developed awareness about the global significance of International Day of Yoga and the role of youth in promoting wellness.

FEEDBACK:

Shravani: “The yoga teacher explained the importance of each posture so clearly. It made me understand how each movement benefits different parts of our body.”

Shaishta: “This celebration showed me that yoga is not just exercise – it’s a way to bring balance to our lives.”

Asmita: “It was a wonderful experience to start the day with yoga. I felt more energetic and positive throughout the day.”

PHOTO GALLERY:







Certificate of Participation
Sanjana Kumtakar

I, _____
from _____ **India** _____, joined
7.52 lakh participants in setting the
“Highest Attendance in an Online Yoga
Class Globally” hosted by Habuild with the
Official World Record across 169 countries
on International Yoga Day 2025.

Date: 21-06-2025
#HarGharYoga

YOGA
EVERYDAY

Saurabh Bothra
Co-Founder, Habuild

Trishala Bothra
Co-Founder, Habuild

Anshul Agrawal
Co-Founder, Habuild

Asst.Prof. Mandrita Mitra

Asst. Prof. Shaista Shaikh

CO-ORDINATOR

Dr. Judy Grace Andrews

PRINCIPAL