



# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)



05/09 COY, 9 KARBN, BANGALORE-BGROUP

KARNATAKA & GOADTE

## REPORT ON INTERNATIONAL YOGA DAY

**Report Submission: 21 June 2024**

**Semester:** EVEN  
ground

**Academic Year :** 2024 – 25

**Venue:** Acharya Parade

**Date:** 21 June 2024  
min

**Time:** 7:00 AM – 9:30 AM

**Duration:** 2hr 30

**TYPE OF EVENT: Promotion of Good Health**

**NAME OF EVENT: INTERNATIONAL YOGA DAY**

**Target Audience:** NCC cadets, students & Faculties

**Number of Participant:** 24

### **Objectives:**

#### **Objective of the Event:**

The primary objective of organizing the International Yoga Day session by Acharya NCC 05/09 Coy was to raise awareness about the significance of yoga in maintaining a balanced and healthy lifestyle. Yoga, as an ancient Indian practice, promotes physical, mental, and emotional well-being. In alignment with this year's theme of wellness and harmony, the session aimed to educate cadets, students, and faculty members about the practical benefits of incorporating yoga into daily life. Led by our esteemed ANO, Capt. Subramanyam Sir, the event was carefully structured to include guided mudras and yoga postures, making it accessible and engaging for participants of all levels. The session, was not just a physical activity but also a journey into the philosophy and science behind yoga. This initiative served as a platform to instil discipline, promote mindfulness, and encourage holistic wellness among the NCC cadets and college community. By experiencing the rejuvenating power of yoga, the attendees were motivated to adopt it as a sustainable practice in their everyday routines.



# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)

05/09 COY, 9 KARBN, BANGALORE-BGROUP

KARNATAKA & GOADTE



## Detailed Report on the International Yoga Day:

### Event Overview:

On the occasion of International Yoga Day, Acharya NCC 05/09 Company organized a refreshing and insightful yoga session on campus, with the goal of promoting physical fitness, mental well-being, and a healthy lifestyle among the youth. The event was held on the morning of June 21st, commencing at 7:00 AM and concluding by 9:30 AM. It witnessed enthusiastic participation from NCC cadets, students, and faculty members.

The session was skilfully led by our respected ANO, Capt. Subramanyam Sir, whose deep knowledge and experience in yoga added immense value to the event. Under his guidance, participants performed a series of Yog asanas and mudras, learning the correct techniques and understanding their health benefits. Capt. Subramanyam also shared the philosophical and practical significance of yoga, making the session both informative and energizing.

Lt. Sowmya Ma'am played a crucial role in supporting and coordinating the event, ensuring everything ran smoothly. The positive energy, commitment, and discipline shown by the cadets reflected the true spirit of yoga.

The event successfully conveyed the importance of integrating yoga into daily life and encouraged everyone present to make mindful choices for a balanced and healthy lifestyle. It was a truly rejuvenating start to the day.

### Objectives:

#### **Objectives of the International Yoga Day Event:**

##### **1. To Promote Health and Wellness:**

Encourage physical fitness, mental clarity, and emotional stability through the practice of yoga among cadets, students, and faculty.

##### **2. To Raise Awareness About Yoga:**

Educate participants on the significance of yoga as an ancient Indian discipline and its relevance in modern lifestyles.

##### **3. To Encourage Daily Practice:**

Motivate attendees to incorporate yoga into their daily routines for long-term benefits in concentration, stress management, and overall well-being.

##### **4. To Instill Discipline and Focus:**

Use the principles of yoga to enhance discipline, focus, and inner strength, especially among NCC cadets.



## 5. To Celebrate International Yoga Day:

Participate in a global movement that acknowledges the importance of yoga and unites people across cultures in the spirit of harmony and wellness.

### Conclusion

The International Yoga Day event organized by Acharya NCC 05/09 Coy was a resounding success, fulfilling its purpose of spreading awareness about the benefits of yoga and promoting a healthier lifestyle. The active participation of NCC cadets, students, and faculty members reflected a shared commitment to well-being and mindfulness. Under the expert guidance of Capt. Subramanyam Sir, the participants not only learned various yoga postures and mudras but also gained valuable insights into the deeper meaning and philosophy behind the practice. The session served as a reminder of how yoga can be a powerful tool for managing stress, improving focus, and maintaining overall health. The support and coordination provided by Lt. Sowmya Ma'am ensured smooth execution of the event. Overall, the session was both energizing and enlightening, leaving a lasting impact on everyone present and inspiring them to adopt yoga as a regular practice in their lives.

### Outcomes:

The International Yoga Day celebration successfully achieved its goals of promoting health, mindfulness, and awareness about the benefits of yoga. Participants gained hands-on experience in performing yoga postures and understanding their significance. The event encouraged NCC cadets, students, and faculty to adopt yoga as a part of their daily routine for better physical and mental well-being. It also helped strengthen discipline and focus among cadets. The enthusiastic participation and positive feedback highlighted the event's impact, making it a memorable and meaningful experience. Overall, the session fostered a sense of unity, wellness, and commitment to a healthier lifestyle.



ACHARYA

Event Photos

# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)



05/09 COY, 9 KARBN, BANGALORE - BGROUP

KARNATAKA & GOADE





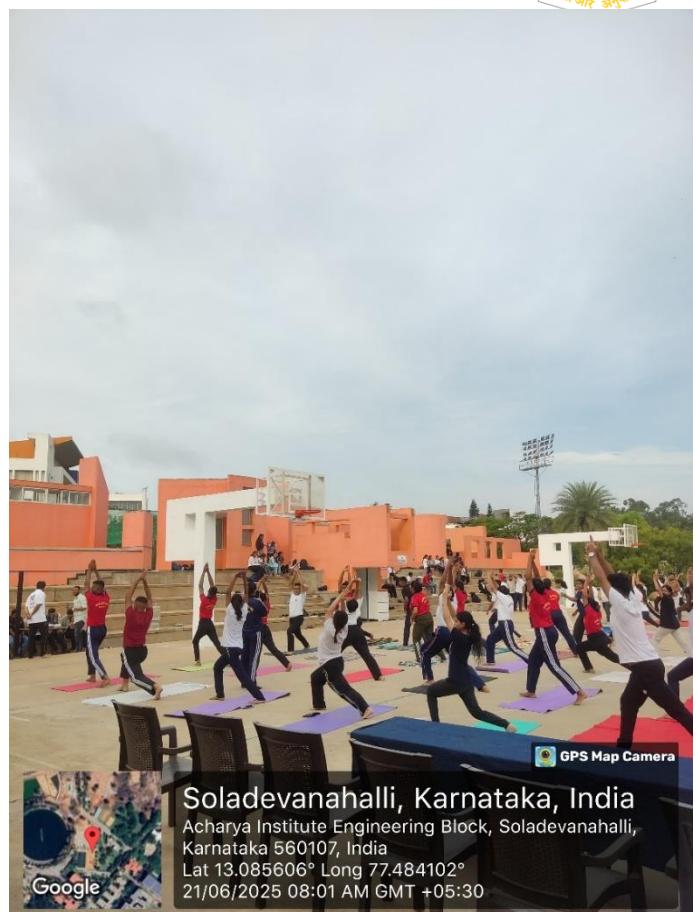
# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)



05/09 COY, 9 KARBN, BANGALORE-BGROUP

KARNATAKA & GOADTE





# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)



05/09 COY, 9 KARBN, BANGALORE-BGROUP

KARNATAKA & GOA DTE

## GROUP PHOTOS:





# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)



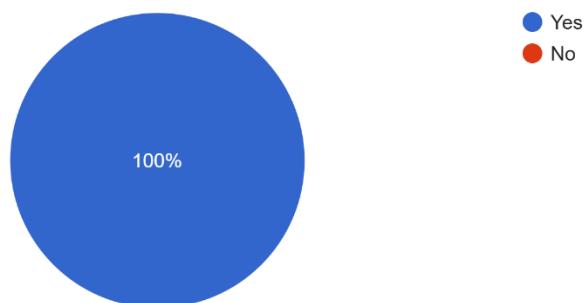
05/09COY,9KARB, BANGALORE-BGROUP

KARNATAKA&GOADTE

## EVENT FEEDBACK:

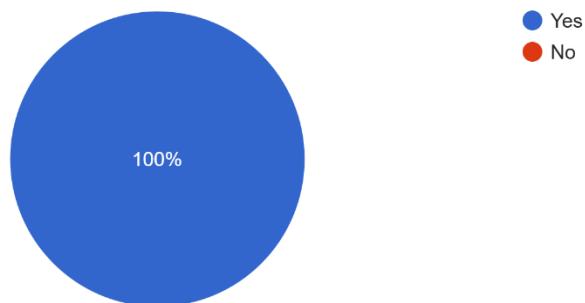
Were the objectives and outcomes of the program clearly communicated to you?

19 responses



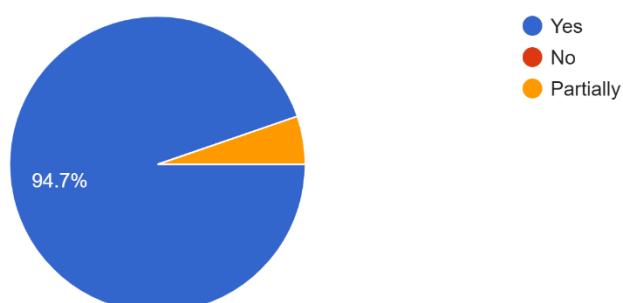
Did the program meet the objectives of organizing the event?

19 responses



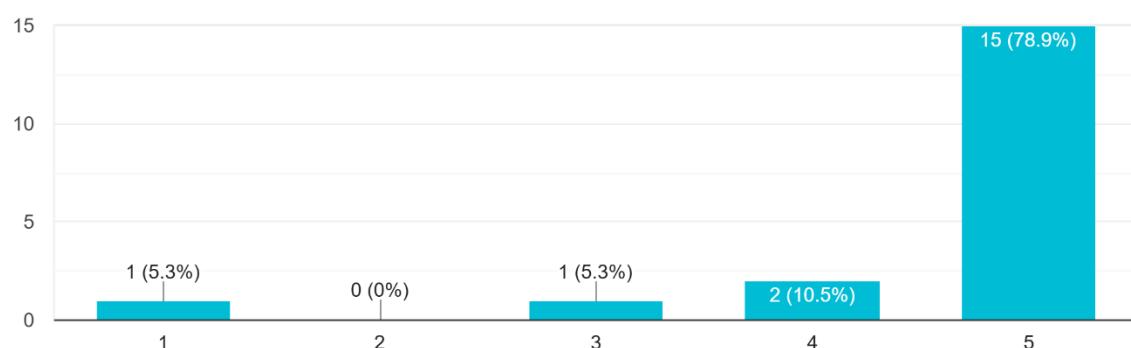
Did the session help you understand the importance and benefits of yoga in daily life?

19 responses



How would you rate the overall event on a scale of 1 to 5?

19 responses





# ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-Accredited 'A' Grade and Affiliated to Bengaluru City University)



05/09COY,9KARB, BANGALORE-BGROUP

KARNATAKA&GOADTE

Any suggestions for improving similar events in the future?

19 responses

No

-

Noo

All good

No

Nothing

no

-

nil

Any suggestions for improving similar events in the future?

19 responses

None

Good

No

No suggestion

Need more similar events

Its better already

No suggestions

Next time kindly consider the students having exams because I was not being able to write exam today as I was studying late night and woke up early. While writing exam I couldn't keep my eyes open and eventually I lost track of what I was writing and what I studied.