



**Department of Physical Education
Government College Theog**

Report on International Yoga Day

Introduction

Government College Theog celebrated **International Yoga Day** with great enthusiasm and active participation from students and staff. The event aimed to promote physical, mental, and emotional well-being through the practice of yoga and to spread awareness about adopting a healthy lifestyle. The celebration was conducted under the overall guidance of **Mr. Vikrant Gautam, Coordinator and Assistant Professor of Physical Education.**

Programme Details

Date of Celebration: 21 June 2024

Venue: College Ground Basketball Court

Presiding Officer: Dr. Lalita Chandan, Principal

Coordinator: Mr. Vikrant Gautam, Assistant Professor (Physical Education)

The programme commenced with a welcome address by the Coordinator, followed by an insightful message from **Dr. Lalita Chandan**, who highlighted the significance of yoga in reducing stress, enhancing concentration, improving physical fitness, and promoting holistic well-being. She encouraged students and staff to incorporate yoga into their daily routines.

Participation

This year's International Yoga Day witnessed **remarkable participation of more than 120 individuals**, including:

- Students from the **Department of Physical Education**
- **NSS volunteers**
- **NCC cadets**
- Teaching and non-teaching **staff members**

The diversity of participation reflected the college's commitment to promoting a culture of wellness and unity on campus.

Yoga Session Activities

Under the supervision of **Mr. Vikrant Gautam**, a structured yoga session was conducted, which included:



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- Warm-up exercises and stretching routines
- Demonstration of basic and intermediate yogasanas
- Pranayama (breathing practices) including Anulom-Vilom and Bhramari
- Meditation and relaxation techniques
- Explanation of the benefits of various yogic practices

Participants performed asanas with discipline and enthusiasm, demonstrating excellent coordination and interest in learning.

Outcomes of the Programme

The celebration of International Yoga Day resulted in:

- Increased awareness about the importance of yoga for physical and mental health
- Improved flexibility, balance, and mindfulness among participants
- Strengthened sense of unity among students from different departments
- Encouragement for students and staff to adopt yoga as a part of daily life
- Promotion of a healthy and positive learning environment on campus

Conclusion

The International Yoga Day celebration at Government College Theog was a resounding success. With the active participation of more than **120 students and staff**, and the leadership of **Mr. Vikrant Gautam**, the event effectively highlighted the importance of yoga in maintaining holistic health. The guidance and presence of **Dr. Lalita Chandan** added great value to the programme.

The college looks forward to continuing such initiatives to promote wellness, discipline, and a healthy lifestyle among students and staff.





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