

## **INTERNATIONAL YOGA DAY BY NSS UNIT JBIET**



**DATE:** 21<sup>ST</sup> JUNE 2024

**LOCATION :-** JBIET ,MOINABAD.

**TOTAL PARTICIPANTS :-** 35

### **1. Introduction:**

International Yoga Day is celebrated worldwide on June 21<sup>st</sup> each year to promote physical, mental, and spiritual well-being through the practice of yoga. The event emphasizes the importance of incorporating yoga into daily life to achieve a balanced and healthy lifestyle. Jawaharlal Nehru Institute of Technology (JBIET) in Hyderabad, Telangana, organized a special event to commemorate International Yoga Day.

### **2. Event Details:**

- **Date and Time:** The International Yoga Day celebration took place on June 21<sup>st</sup> at 10.00pm.



### 3. Program Highlights:

- **Yoga Workshops:** The event began with yoga workshops conducted by experienced yoga instructors. These workshops catered to participants of all levels, from beginners to advanced practitioners, and focused on various yoga asanas, breathing exercises, and relaxation techniques.
- **Yoga Demonstrations:** Accomplished yogis demonstrated various yoga poses and their benefits, helping participants understand the correct techniques and alignments.
- **Meditation Session:** The celebration included a guided meditation session, promoting mental clarity, relaxation, and mindfulness.
- **Guest Speakers:** Renowned experts in the field of yoga and holistic well-being were invited to share their insights and experiences with the participants.

#### 4. Participation:

- Students: JBIET students actively participated in the event, showcasing their enthusiasm for embracing yoga as a part of their daily routine.
- **Faculty and Staff:** The event witnessed the involvement of faculty and staff members who recognized the significance of yoga in maintaining a healthy work-life balance.
- **Community Members:** The event was open to the local community, allowing residents from nearby areas to join in the celebration and experience the benefits of yoga.



#### 6. Impact and Feedback:

- Positive Reception: The event received positive feedback from participants who expressed their gratitude for the opportunity to learn and practice yoga in a supportive environment.
- Awareness: The celebration contributed to raising awareness about the benefits of yoga and its potential to improve overall wellbeing.



## **7. Conclusion:**

The International Yoga Day celebration at JBIET underscored the institution's commitment to promoting holistic wellness among its students, faculty, and the broader community. By bringing together individuals from various backgrounds to practice yoga, the event successfully highlighted the positive impact of yoga on physical, mental, and emotional health.

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