

## “International Yoga Day”

**Date: 21<sup>st</sup> June 2024**

**Time: - 9:30am – 10:30am**

**Venue: ASM’s IPS Campus, Pimpri,Pune.**

**Introduction:** International Yoga Day was celebrated with great enthusiasm at ASM’s IPS on 21<sup>st</sup> June 2024. This event, dedicated to promoting physical, mental, and spiritual well-being through the practice of yoga, was embraced by students, faculty, and staff alike. The celebration aimed to foster awareness about the importance of yoga in maintaining a balanced and healthy lifestyle.

### **Objective:**

1. To raise awareness about the benefits of practicing yoga for physical and mental health.
2. To encourage students and staff to adopt yoga as a regular part of their daily routine.
3. To promote a holistic approach to well-being that integrates body, mind, and spirit.
4. To foster a sense of unity and collective well-being within the campus community.

**Instructor:** - Mr. Shubham Shinde

### **Report: Detail Report**

The International Yoga Day celebration at ASM’s IPS was organized in collaboration with certified yoga instructors Mr. Shubham Shinde:

The event began with an inaugural session where the importance of yoga was discussed. The session was graced by the presence of all teaching and non-teaching staff, a renowned yoga practitioner, who shared insights on the history and significance of yoga. Following the inaugural session, a group yoga practice was conducted in the college campus. Under the guidance of experienced yoga instructors, participants were led through a series of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques. The session emphasized the importance of correct posture, breathing, and mindfulness.

An interactive workshop was held, where students and staff were introduced to the basics of yoga, including its physical and mental health benefits. The workshop also included a Q&A session where participants could discuss their experiences and seek advice on incorporating yoga into their daily

lives. A demonstration of advanced yoga asanas was conducted by the instructors to inspire participants and showcase the physical and mental discipline required to master yoga.

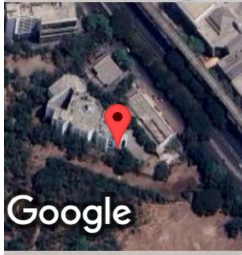
**Photos:**







 **GPS Map Camera**



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**Pimpri-Chinchwad, Maharashtra, India**

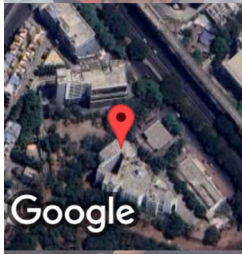
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### Outcomes:

- **Increased Awareness:** Participants gained a deeper understanding of the benefits of yoga and its impact on overall health and well-being.
- **Positive Lifestyle Changes:** Many students and staff expressed a commitment to incorporating yoga into their daily routines, recognizing its value in managing stress and maintaining physical health.
- **Enhanced Community Spirit:** The collective participation in the yoga practice fostered a sense of unity and well-being within the campus community.
- **Ongoing Engagement:** The distribution of yoga kits and the interactive nature of the event have encouraged ongoing engagement with yoga, with plans to organize regular yoga sessions on campus.