

# INTERNATIONAL YOGA DAY

GOVT COLLEGE OF PHYSICAL EDUCATION

The theme of International yoga Day 2024

YOGA FOR SELF AND SOCIETY

CONDUCTED BY MPED SECOND SEMESTER





On June 21st, the Government College of Physical Education, Easthill, Calicut, celebrated International Yoga Day with great enthusiasm and reverence. The event was graced by esteemed guests and attended by the college principal, teachers, and students alike. The highlight of the celebration was the inauguration by Sri Unniraman Yogacharya, who shed light on the principles of Yoga Sutras as expounded by Patanjali. This report encapsulates the essence of the event, detailing the activities, demonstrations, and significance of the occasion.



**Inauguration chief guest address**

The celebration commenced with the inauguration ceremony led by Sri Unniraman Yogacharya, a revered authority in yoga philosophy and practice. His insightful discourse on the teachings of Patanjali's Yoga Sutras provided a profound understanding of the spiritual and physical dimensions of yoga. His presence added a sense of authenticity and depth to the event, inspiring all attendees with his wisdom and experience in the field.



### **Presence of dignitaries**

The event was attended by the college principal, distinguished teachers, and enthusiastic students from various disciplines of physical

education. Their presence underscored the institutional support for promoting yoga as an integral aspect of holistic education and well-being.

### **Main program : YOGA DEMONSTRATIONS**

A central component of the celebration was the series of yoga demonstrations conducted by students and teachers alike. The demonstrations were meticulously planned and executed under the guidance of the final year Master of Physical Education (M.P.Ed) students. These demonstrations showcased various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques, illustrating the versatility and therapeutic benefits of yoga practice.

The demonstrations were not merely displays of physical agility but also emphasized the mental focus, spiritual awareness, and mindfulness cultivated through regular yoga practice. Each posture was explained in detail, highlighting its physiological benefits and alignment principles. The participants exuded confidence and poise, reflecting their dedication to mastering the art of yoga.



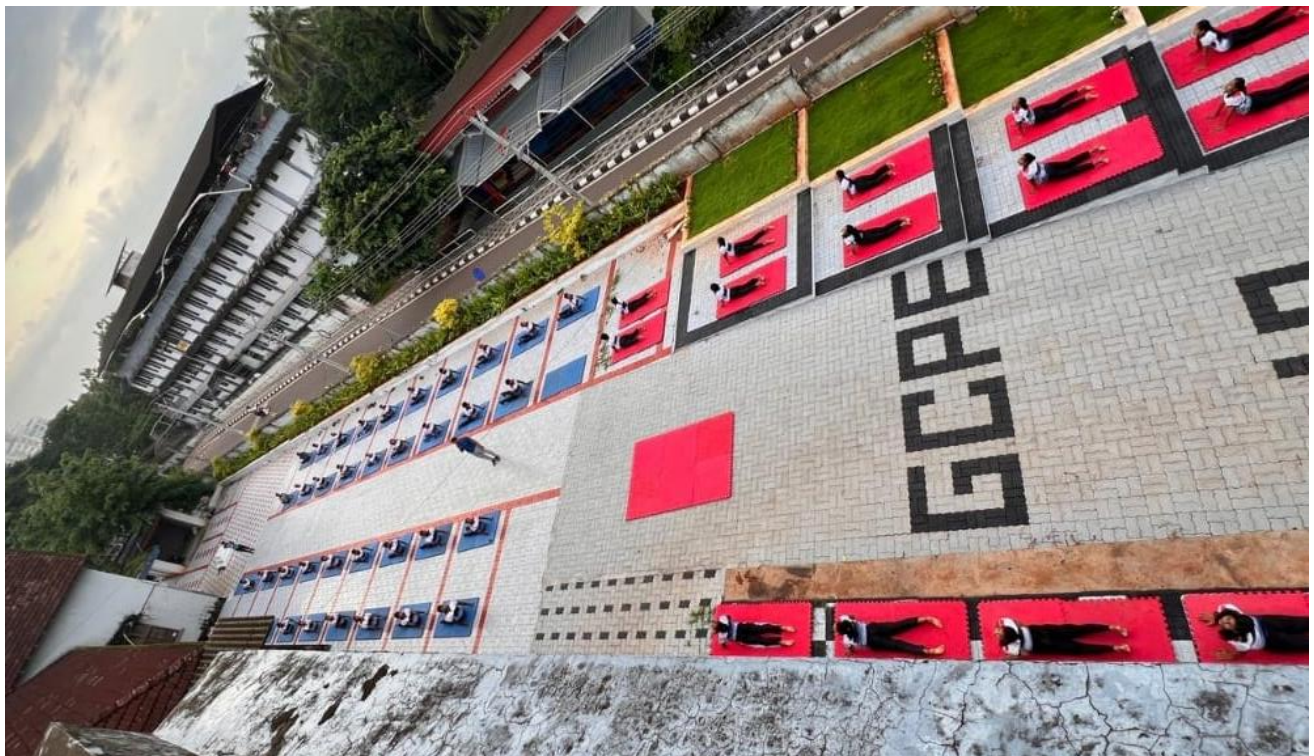


**Educational impact and community engagement**



Beyond the physical aspects, the celebration aimed to educate the college community and the broader public about the profound impact of yoga on overall health and well-being. Workshops and lectures on yoga philosophy, anatomy, and therapeutic applications were conducted, enriching participants' understanding of yoga as a comprehensive system for physical, mental, and spiritual development.

The event also fostered community engagement by inviting local residents, yoga enthusiasts, and practitioners to participate and learn from the expertise shared by the college faculty and guest speakers. This inclusive approach not only promoted cultural exchange but also enhanced awareness about the ancient heritage of yoga and its relevance in contemporary lifestyles.



## Conclusion

In conclusion, the International Yoga Day celebration at Government College of Physical Education, Calicut, was a resounding success, thanks to the enthusiastic participation and dedicated efforts of all involved. The event underscored the college's commitment to promoting holistic health and well-being through the practice and study of yoga. By integrating educational workshops, expert demonstrations, and community engagement, the celebration exemplified the transformative power of yoga in fostering physical fitness, mental clarity, and spiritual growth.

As we reflect on the significance of International Yoga Day, let us reaffirm our commitment to embracing yoga as a path to harmony and well-being, not only for ourselves but also for the larger community and the world at large. Through continued practice and education, may we harness the timeless wisdom of yoga to lead healthier, more fulfilling lives.

# THANK YOU







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