



Report on International 9th Yoga Day Celebration

International Yoga Day was celebrated by Raj Rajeshwari College of Education Bhota on June 21, 2023. The program was organized at 9:30 am in the auditorium hall of the college, in which more than 140 students participated. The event was started by the welcome speech of Principal RRC Bhota Dr. Raj Kumar Dhiman in which he welcomed Mr. Preet Rangra and Yoga Teachers from Patanjali University Haridwar Miss. Shikha, Miss. Poonam.

The theme of Yoga Day this year was "Vasudhaiva Kutumbakam". which represents our shared desire for "One Earth, One Family, One Future". Various Asanas and Pranayam were performed after Omkar chanting. Warm-up exercises, sitting and standing postures, Kapalbhathi, Anulom

Vilom, Bhramari Pranayama were done. The instructors gave us a short class on the benefits of yoga.

Afterward Mr. Gulshan Thakur (DPE) delivered a speech about the importance of Yoga in our daily life. And also told about the importance of daily exercises and discussed how a disciplined life helps us to achieve our goals. He gave a brief history of the origin of Yoga. This day is the longest day of the year which is also known as summer solstice. This is the gift of the ancient tradition of India. The practice of yoga is revealed from the 5th century.

It was passed on to future generations. Yoga was actually practiced by the sages as a holistic approach to God. Later it was extended to the common people. This event helped us to feel confident and satisfied , Physically, Mentally and Spiritually.

The program was ended with a vote of thanks by Dr. Raj Kumar Dhiman Principal Raj Rajeshwari College of Education.

