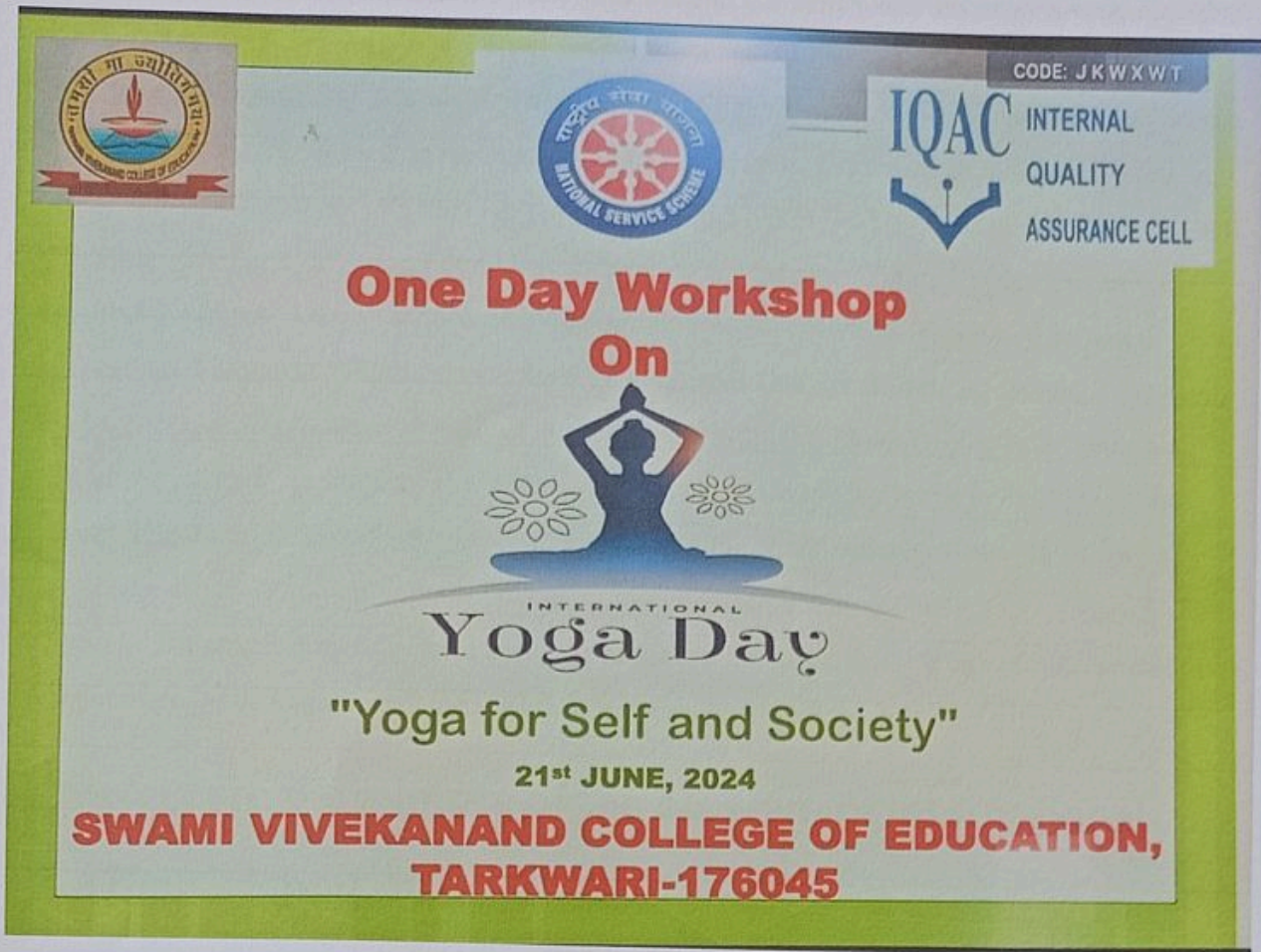


# Report on 10<sup>th</sup> International Yoga Day 21st June 2024



CODE: J K W X W T

INTERNAL  
QUALITY  
ASSURANCE CELL

**One Day Workshop**  
**On**  
**INTERNATIONAL**  
**Yoga Day**  
**"Yoga for Self and Society"**  
**21<sup>st</sup> JUNE, 2024**  
**SWAMI VIVEKANAND COLLEGE OF EDUCATION,**  
**TARKWARI-176045**

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. 10th International Yoga Day was celebrated by the students and the faculty members of Swami Vivekanand College of Education NSS Unit, Tarkwari, Hamirpura on 21st June 2024 with great eagerness and enthusiasm. College chairman CA. Rajeev Sharma also joined the International Yoga Day celebration. The theme for international Yoga Day 2024 is 'Yoga for Self and Society' and revolves around self-enlightenment. This year's theme of international yoga day focuses on Yoga, a transformative practice, representing the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment for self & society. The function began with a brief introduction of Yoga Day by Mr. Ashmer Singh Thakur. He explained that regular practice of Yoga helps to achieve better mental and





physical health. Mr. Ashmer Singh Thakur demonstrated Surya Namaskar Asanas and various Yoga Asanas which were performed by the students and the staff members enthusiastically. The program taught everyone that they should read ancient Indian texts like Patanjali Maharishi's 'Ashtanga Yoga' along with personality development books by international writers. They were encouraged to practice Yoga and meditation on a regular basis for a healthy body and mind. A special guest of the day Shri Dinesh Kumar and Pankaj Thakur, A Yoga instructor from Bhoranj block, Hamirpur has joined for Yoga Day celebration. Mr. Ashmer Singh Thakur started with prayer and explained the importance of Yoga in everyday life. He encouraged all to practice Yoga and meditation on a regular basis for a healthy body and mind. He explained the common Yoga Protocol. He demonstrated various Asanas like Tadasana, Vrikshasana, Pad-Hastasana, Ardha chakrasana, Trikonasana, Vajrasana, Ustrasana, Makarasana Etc. with their benefits & cautions. The function ended with felicitation of event guest Mr. Ashmer Singh Thakur & vote of thanks preceded by National anthem. The program concluded with the recitation of Shanti Mantra and the students and teachers carrying home the message that, **“Yoga is not for only one – it’s for everyone, Yoga is not for a day- it’s for every day.”**

**Following are the glimpse of the program of International Yoga Day Celebration.**







GPS Map Camera



Google

Dhirwin, Himachal Pradesh, India  
JJVH+PCX, Dhirwin, Himachal Pradesh 176045, India  
Lat 31.644359°  
Long 76.6285°  
21/06/24 12:09 PM GMT +05:30



Students & faculty members Performing Yoga Asanas on 21st June 2024,  
International Yoga Day.







Students & faculty members Performing Yoga Asanas on 21st June 2024, International Yoga Day.









# पंजाब कैसरी (22 जून 2024)

## पंजाब कैसरी

शनिवार SATURDAY, 22 जून 2024



हमौरपुर : स्वामी विवेकानंद शिक्षा महाविद्यालय में योग करते छात्र।

(राजीव)

तरख्वाड़ी स्थित स्वामी विवेकानंद शिक्षा-महाविद्यालय में आई.क्यू.ए.सो. के अंतर्गत एन.एस.एस. यूनिट द्वारा अंतर्राष्ट्रीय योग दिवस मनाया गया। इस अवसर पर अशमेर सिंह ठाकुर ने मुख्यातिथि के रूप में शिरकत की। दिनेश कुमार व पंकज राज विशेष अतिथि के रूप में उपस्थित रहे। इस अवसर पर सी.ए. राजीव शर्मा अध्यक्ष, स्वामी विवेकानंद शिक्षा महाविद्यालय भी मौजूद रहे।



Programme Officer



Principal Sign