

# REPORT ON CELEBRATED YOGA DAY



**SWAMI VIVEKANAND COLLEGE OF  
EDUCATION, TARKWARI**



**ACCREDITED BY NAAC WITH GRADE -B**



**"Yoga for One Earth, One Health,"**

**Venue: Multipurpose Hall**

**Co-Ordinators: Mrs Amita Rani , NSS Programme officer & Arun Kumar Physical Instructor**

**Collaboration: Career Point University, Hamirpur**

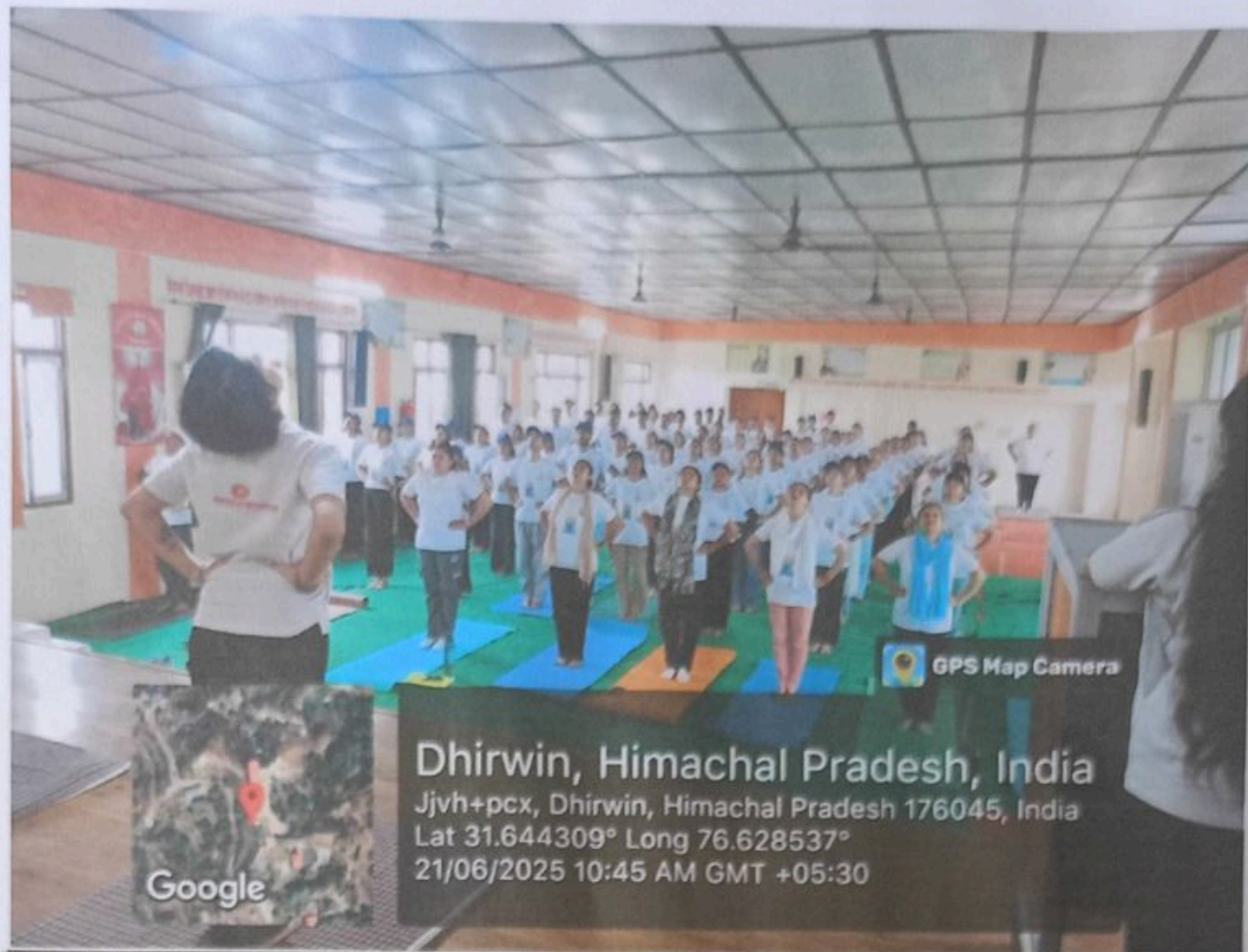
**No of Students & Staff Members: 250**

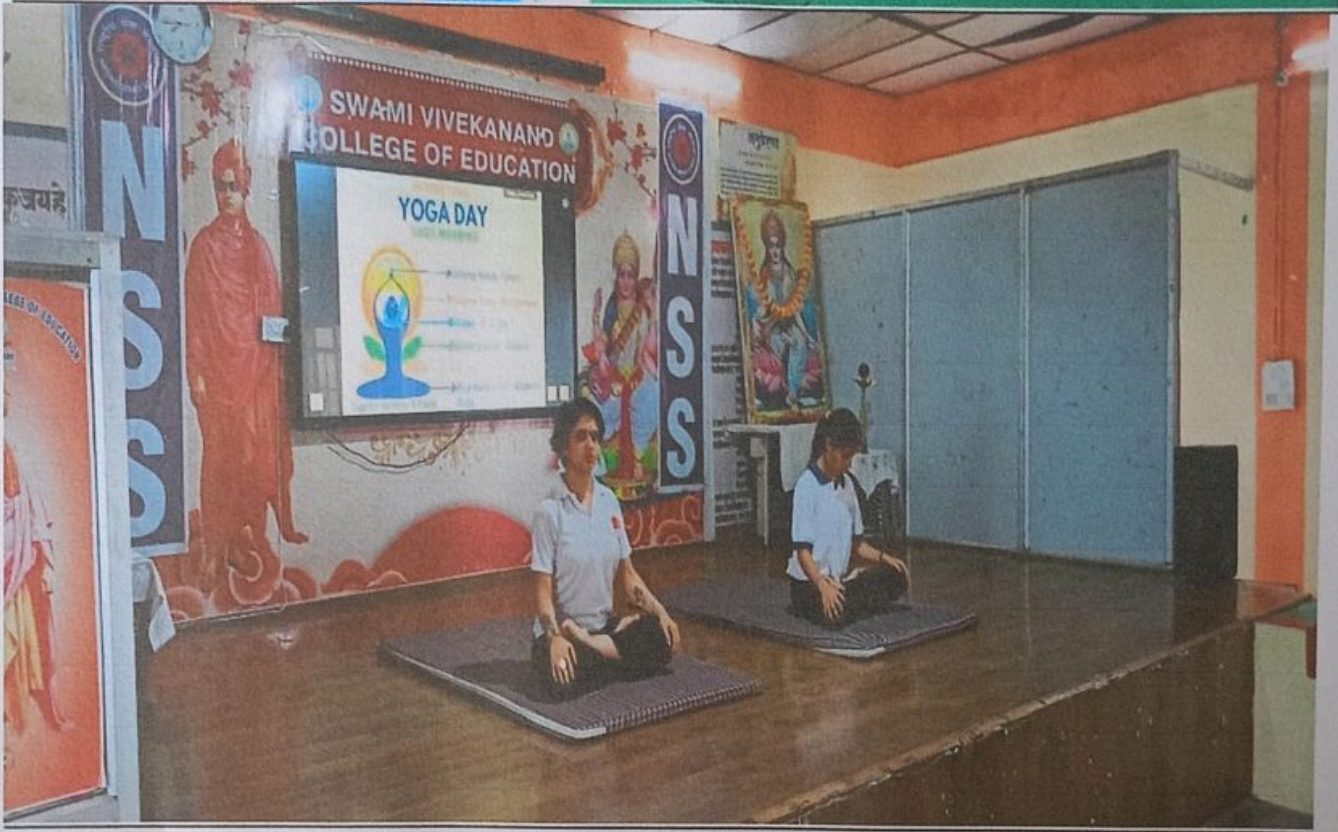
**Date: 21<sup>st</sup> June, 2025**

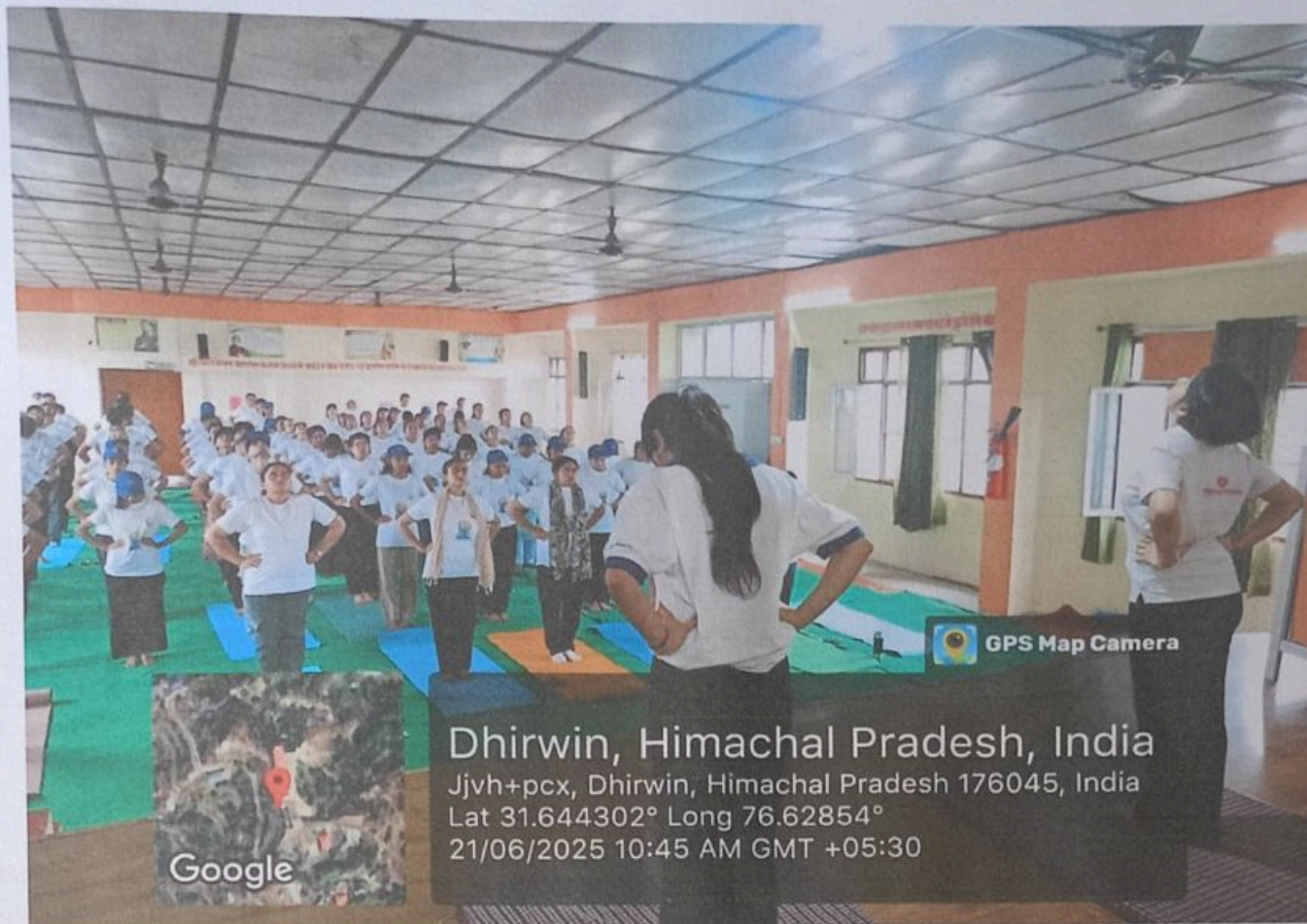
**TIME: 10:00am To 1:00pm**

## Uses of Event









GPS Map Camera

Dhirwin, Himachal Pradesh, India

Jjvh+pcx, Dhirwin, Himachal Pradesh 176045, India

Lat 31.644302° Long 76.62854°

21/06/2025 10:45 AM GMT +05:30

Google





Swami Vivekanand College of Education, NSS Unit & IQAC celebrated International Yoga Day on June 21, 2025, with great enthusiasm and fervour. The event saw participation from over 250 students, youths & teachers from SVN College of Education & Career Point University, Hamirpur, volunteers, and the general public. Participants actively engaged in a yoga demonstration, showcasing various yoga asana and breathing techniques under the expert supervision of a trained yoga instructor. Ms. Kamlesh Kumari, Assistant Prof. Career Point University, Hamirpur, Yoga (Ayush), highlighted the importance of yoga for overall health and well-being, emphasizing its benefits for physical and mental wellness. The session proved to be both refreshing and inspiring, reinforcing the significance of incorporating yoga into everyday life.

**Outcome:** The celebration embodied the spirit of unity, wellness, and mindfulness, and reflected the college's ongoing commitment to fostering a healthy lifestyle within its community.

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NSS UNIT PROGRAMME OFFICER

