

Title: Report on International Yoga Day Celebration at Bansal Institute of Engineering and Technology, Lucknow

Date: June 21, 2023

Introduction:

International Yoga Day is celebrated worldwide on June 21st to promote awareness about the benefits of practicing yoga for physical, mental, and spiritual well-being. Bansal Institute of Engineering and Technology in Lucknow organized a grand event on this occasion, aiming to encourage students, faculty, and staff to adopt yoga as a part of their daily lives. This report presents an overview of the International Yoga Day celebration held at the campus.

Objective:

The main objective of the International Yoga Day celebration at Bansal Institute of Engineering and Technology was to create awareness about the importance of yoga and its positive impact on individuals' health and well-being. The event aimed to inspire participants to incorporate yoga into their daily routines for a healthier and balanced lifestyle.

Event Highlights:

a) Inauguration Ceremony:

The celebration began with an inauguration ceremony graced by the presence of distinguished guests, including yoga experts, faculty members, and administrative staff. The chief guest delivered an inspiring speech emphasizing the significance of yoga in modern life.

b) Yoga Workshops:

Multiple yoga workshops were organized in the morning, conducted by experienced yoga instructors. These workshops catered to different levels of expertise, ranging from beginners to advanced practitioners. The sessions covered various yoga asanas (postures), pranayama (breathing exercises), and meditation techniques.

c) Group Sessions:

Large group sessions were organized in the institute's auditorium, where participants gathered to practice yoga together. These sessions aimed to foster a sense of unity and harmony among the participants and promote the collective benefits of practicing yoga.

d) Meditation and Relaxation Zones:

Dedicated zones were set up for meditation and relaxation, providing participants with a peaceful environment to rejuvenate their minds and bodies. Experienced meditation practitioners guided individuals through different meditation techniques, helping them experience inner calm and tranquility.

Participation and Impact:

The International Yoga Day celebration witnessed enthusiastic participation from students, faculty, and staff members of Bansal Institute of Engineering and Technology. The event successfully created awareness about yoga's importance and its potential to enhance physical and mental well-being. Participants expressed their gratitude for the opportunity to learn from experienced instructors and gain practical knowledge about yoga practices.

Conclusion:

The International Yoga Day celebration at Bansal Institute of Engineering and Technology, Lucknow, was a resounding success. The event effectively conveyed the significance of yoga in promoting holistic well-being. It provided participants with valuable insights, practical training, and a platform to showcase their talents. The celebration left a lasting impact on the attendees, encouraging them to incorporate yoga into their daily lives and adopt a healthier lifestyle overall. Bansal Institute of Engineering and Technology deserves commendation for organizing such an inspiring event that emphasized the importance of yoga for personal growth and well-being.

INSTITUTION'S INNOVATION COUNCIL
(Ministry of Education Initiative)

BANSAL (422)
Institute of Engineering & Technology, Lucknow
Affiliated to AKTU Lucknow, Approved By AICTE, Ministry of HRD, New Delhi

IEEE
Student Branch
Bansal Institute of Engineering & Technology, Lucknow

Organized by Mechanical Department

INTERNATIONAL YOGA DAY

आरोग्यम् धनसंपदा!
आंतरराष्ट्रीय योग दिवसाच्या शुभेच्छा

21, June 2023
Venue & Time :-
Bansal Campus, Lucknow
6:00 am - 7:00 am
We are inviting all members to please come and join

Organizer
Mr. Abdul Jabbar Ansari
Asst. Professor
BIET, Lucknow

Trainer
S.B Singh

Convener
Mr. Adarsh Kumar
Asst. Professor
BIET, Lucknow







