

**CHRIST (Deemed to be University), Bangalore Central Campus
School of Education**

Activity Report

General Information

Type of Activity	Workshop
Title of the Activity	International Yoga Day
Date/s	June 20, 2025
Time	07:00 – 08:00 AM
Venue	Quadrangle, CHRIST Junior College, PU Block
Collaboration/Sponsor (if any)	Department of Physical Education in collaboration with School of Education

Facilitator Details

1.	Name	
	Title/Position	
	Organization	
	Title of Presentation	

Participants profile

Type of Participants	Students of 3 B.Ed.
No. of Participants	70-80

Synopsis of the Activity (Description)

Highlights of the Activity	<p>The Department of Physical Education, in collaboration with the School of Education, organised a revitalising and inclusive yoga session on 20 June 2025 to commemorate International Yoga Day.</p> <p>The session combined theoretical insights on the philosophy of yoga with practical demonstrations of asanas and pranayama suitable for participants of all fitness levels.</p> <p>Students from the School of Education and other departments actively participated, fostering a sense of unity and collective</p>
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	<p>well-being across the campus community.</p> <p>The facilitators emphasised holistic health by integrating physical postures, breath control, mindfulness, and guided meditation into the session.</p>
<p>Key Takeaways</p>	<ol style="list-style-type: none"> 1. Participants gained practical knowledge of yoga asanas and breathing techniques that can be incorporated into daily routines for improved physical and mental well-being. 2. The session reinforced the understanding that yoga is not merely a physical exercise but a holistic practice promoting mindfulness, emotional balance, and intentional living. 3. Attendees experienced immediate benefits such as relaxation, reduced stress, and enhanced focus through guided pranayama and meditation. 4. The event strengthened awareness of the importance of self-care and wellness practices within academic and professional life.
<p>Summary of the Activity</p>	<p>On the occasion of International Yoga Day, celebrated globally on 21 June 2025, the Department of Physical Education in collaboration with the School of Education organised a yoga session on 20 June 2025 to promote holistic wellness within the campus community. The event aimed to encourage mindfulness, physical vitality, and emotional balance among students and faculty members.</p> <p>The programme began with a warm welcome and an insightful introduction to the origins and philosophy of yoga. The facilitators explained that the word “yoga” signifies “union,” symbolising the connection between individual consciousness and universal energy. This foundational explanation set a reflective tone for the session.</p> <p>Participants were then guided through a carefully curated sequence of gentle yet effective yoga asanas suitable for all levels of experience. Each posture was demonstrated with clarity, accompanied by explanations of its physical and psychological benefits. The session highlighted improvements in posture, flexibility, joint mobility, circulation, and stress</p>

	<p>management. Modifications were provided to ensure inclusivity and comfort for all participants.</p> <p>A significant component of the session was the practice of pranayama, including deep diaphragmatic breathing and alternate nostril breathing. The facilitators explained how conscious breath control positively influences the nervous system, enhances mental clarity, and reduces stress. Participants reported feeling calmer, more centred, and energised after the breathing exercises.</p> <p>The session concluded with a guided meditation and a moment of gratitude, allowing attendees to internalise the experience and reflect on the importance of integrating mindfulness into everyday life. Overall, the celebration of International Yoga Day served as a meaningful reminder of the role of yoga in nurturing physical health, mental clarity, and emotional resilience within the academic community.</p>
Follow-up plan	Encourage students and faculty to incorporate basic yoga and breathing practices into their daily routines.

Report prepared by:

Name	Gabriya Merlin
Designation/Title	Student of 3 BEd

Annexure:

1. Photos of the activity





GPS Map Camera

Bengaluru, Karnataka, India

Campus Road, Sadduguntepalya, Bengaluru,
Karnataka 560029, India

Lat 12.935325, Long 77.605858

06/20/2025 07:38 AM GMT+05:30

Note : International Yoga Day 2025



Maps



GPS Map Camera



Bengaluru, Karnataka, India

Campus Road, Sadduguntepalya, Bengaluru,
Karnataka 560029, India

Lat 12.935347, Long 77.605939

06/20/2025 07:27 AM GMT+05:30

Note : International Yoga Day 2025



2. Attendance list of participants

INTERNATIONAL YOGA DAY 2025 JUNE 20


SCHOOL OF EDUCATION
II BEd

Reg.No.	Full Name	Sign
2432101	Aashna Raheja	
2432104	Alita Mariya Jills	
2432106	Amala Mary Thomas	
2432107	Anaswara KP	
2432108	Arun Surya E.S	
2432109	Athira B	
2432110	Brigito Venitia V.	
2432111	Celin C D	
2432113	Christina Oommen	
2432114	Christine Mirthy Lyngkhoi	
2432115	Christine Varsha R	
2432116	Devi Nandana A	
2432117	Devika M S	
2432119	Gabriya Merlin	
2432120	Gitika Prakash	
2432121	Godson Babu	
2432122	Hima Poulouse	
2432123	Jobin Thomas	
2432124	Joyce Susan Thomas	
2432125	Julia Satwi Karre	
2432126	Kavin Kumar M	
2432127	Kavya S	
2432128	M N Kumud Vahini	
2432129	Manoj Ramani	
2432130	Maria Philip	
2432131	Meghana Shaiby	
2432133	Merlin K	
2432134	Nikkitha Terasa	
2432135	Resham George	
2432136	Rohini Gangatkaar A M	
2432137	Sabna Ashok	
2432138	Sagaya Mariya	
2432139	Sara J	
2432140	Satnam Kaur	
2432141	Sherin Elizabeth Mathew	
2432142	Shreya S	
2432143	Sreejith P Kumar	
2432144	Sreelekshmi S	
2432145	Sruthi Onachan	
2432146	Tenzin Choeying	
2432147	Thejaswitha Biju	
2432148	Tia Peter	
2432149	Tina Ann Thomas	
2432150	Toms Joseph	
2432151	Anita Mona Lisa	
2432152	Ann Mary Ukken	
2432153	Promodini Toppo	
2432154	Ancy Antony P	
2432201	Amrita S.	
2432202	Angela Cherian	
2432203	Anjali Wilfred	

2432204	Ann Liz Charly	
2432205	Anusha B	<i>Anusha B</i>
2432206	Anusha Shalet D souza	<i>Anusha B</i>
2432207	Anusree J Nair	<i>Anusree J Nair</i>
2432208	Ardra Jose	<i>Ardra Jose</i>
2432209	Ashit Tigga	<i>Ashit Tigga</i>
2432210	Ashrifa M S	<i>Ashrifa M S</i>
2432211	Athira Ramprasad	<i>Athira Ramprasad</i>
2432212	Bipin Mathew	<i>Bipin Mathew</i>
2432213	Divya Ann Chacko	<i>Divya Ann Chacko</i>
2432214	Divya Darshan	
2432215	Divya Susheela K	
2432216	Edwin Davis	<i>Edwin Davis</i>
2432217	Falguni Thapa	<i>Falguni Thapa</i>
2432218	G. Dhara	
2432219	Gauri Unnikrishnan	
2432220	Gladson Babu	<i>Gladson Babu</i>
2432221	Harsha Kumari	
2432222	Hrithik S	<i>Hrithik S</i>
2432223	Jahnavi P	<i>Jahnavi P</i>
2432224	Jane Carolin A	<i>Jane Carolin A</i>
2432225	Jeff Savio D'Cruz	<i>Jeff Savio D'Cruz</i>
2432226	Kalyanee Sahu	<i>Kalyanee Sahu</i>
2432227	Kimberley Muzeyi	<i>Kimberley Muzeyi</i>
2432228	Kripa Elsa Koshy	
2432229	Lalrinsangi	
2432230	Layana Christopher	
2432231	Liya B Jacob	
2432232	Merlin Pious	
2432233	Merlin Richa	
2432234	Neeha Sooraj Chacko	
2432235	Nishitha K	<i>Nishitha K</i>
2432236	P Shreiya Meenakshi	
2432237	Rakshita Kavaloor	<i>Present</i>
2432238	Rani T Jose	
2432239	Ritika Raj Kumar Sharma	<i>Ritika Raj Kumar Sharma</i>
2432240	Saranya K	<i>Saranya K</i>
2432241	Scaria Leo Thomas	
2432242	Shruti Nair	<i>Shruti Nair</i>
2432243	Siamlalom	
2432244	Sneha Mary Sabu	<i>Sneha Mary Sabu</i>
2432245	Sona Joy	<i>Sona Joy</i>
2432246	Sripriya K S	
2432247	Tresa Sebastian	<i>Tresa Sebastian</i>
2432248	Vanessa Luke	<i>Vanessa Luke</i>
2432249	Veeresh K R	<i>Veeresh K R</i>
2432250	Yashika Pascal	<i>Yashika Pascal</i>


kinsang Orientation

3. Poster of the activity



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE - INDIA

DEPARTMENT OF PHYSICAL EDUCATION
in collaboration with
SCHOOL OF EDUCATION




INTERNATIONAL
YOGA DAY

A BALANCED MIND

DATE	TIME
20 JUNE 2025	7:00 AM - 8:00 AM

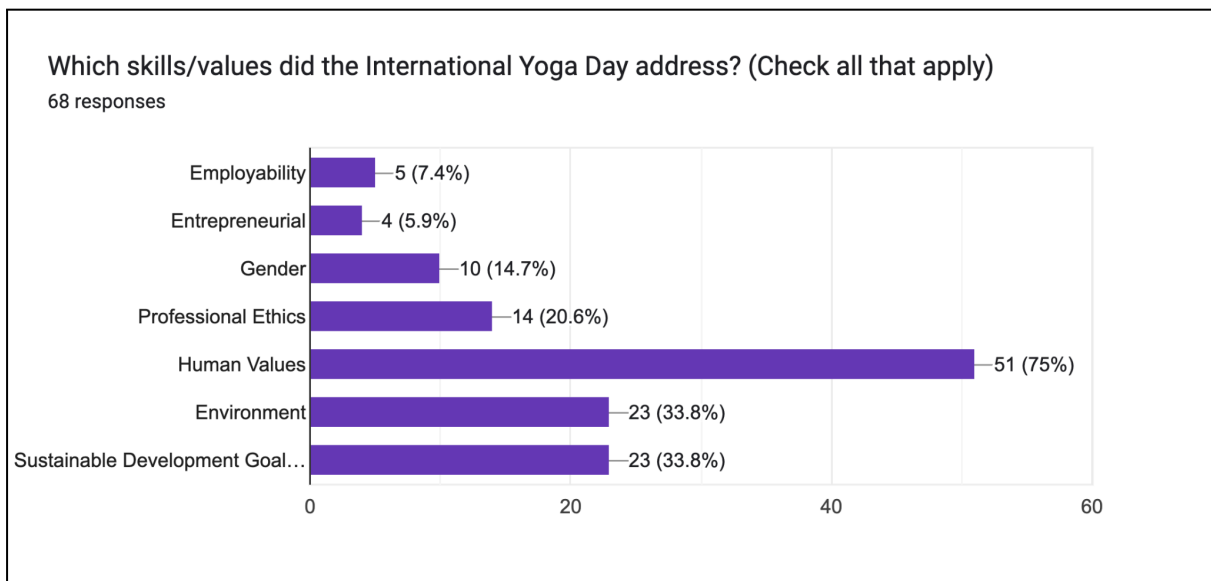
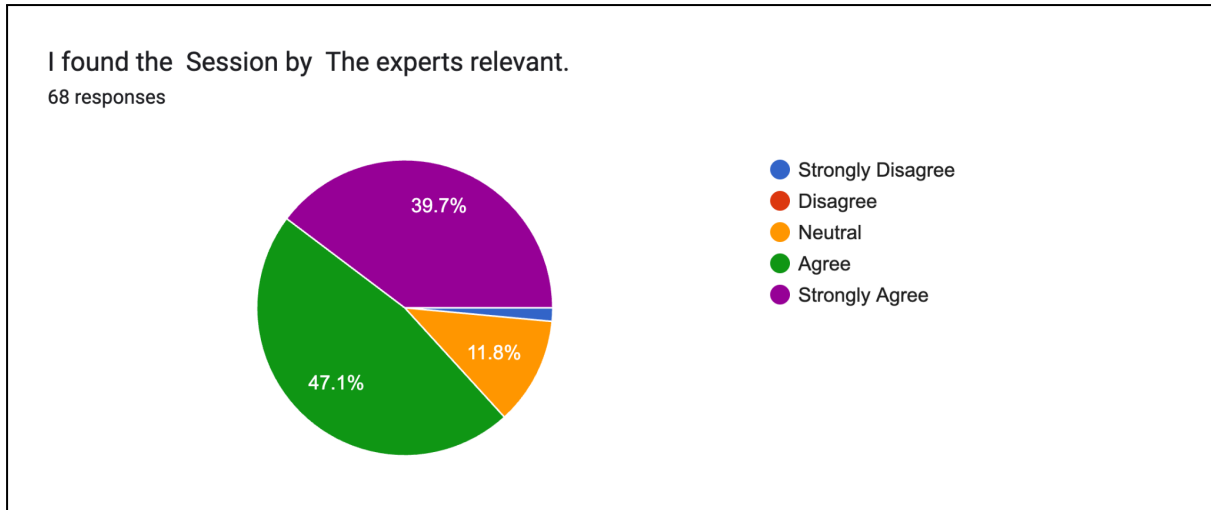
VENUE
CHRIST JUNIOR COLLEGE, QUADRANGLE

 Students are requested to carry their personal yoga mat

ALL ARE WELCOME!!!!

4. Feedback Summary

Feedback was collected through a Google Form consisting of rating-scale items, multiple-choice questions, and short open-ended responses.



Feedback from 68 participants showed a high level of satisfaction with the International Yoga Day programme. Most respondents agreed that the session was relevant, well-conducted, and useful in promoting physical and mental well-being. Participants appreciated the facilitators' guidance and the practical nature of the activities. Many reported that they could apply breathing techniques, mindfulness practices, and yoga postures in daily life. Overall, the responses reflected positive learning experiences and appreciation for the organisation and delivery of the event.

5. Impact Analysis

The International Yoga Day programme had a significant positive impact on the physical,

mental, and emotional well-being of the participants. The high levels of perceived relevance and applicability indicate that the session effectively addressed students' wellness needs and promoted healthy lifestyle practices. By introducing practical yoga and breathing techniques, the programme encouraged participants to adopt regular self-care habits and greater mindfulness in their daily routines.

The session also strengthened awareness of human values, emotional balance, and holistic development, contributing to the formation of responsible and self-aware individuals. Increased confidence in practising yoga and mindfulness techniques suggests that the programme fostered long-term behavioural change rather than short-term engagement.

Furthermore, the collaborative and inclusive nature of the event promoted a sense of community and collective responsibility towards well-being. The positive learning environment and reflective components supported sustained interest in wellness activities. Overall, the programme contributed meaningfully to the development of healthier, more fo