



KC GROUP OF INSTITUTIONS, PANDOGA, UNA YOGA EVENT REPORT

Date: 22nd September 2021

Venue: KC Institute Campus, Pandoga

Organized By: Department of Physical Education and Wellness Cell

Objective:

To promote physical and mental well-being through the regular practice of yoga and to motivate students and staff to adopt a healthy lifestyle. The event also aimed to relieve stress and enhance concentration, especially during the ongoing pandemic recovery phase.

Event Details:

- **Timings:** 7:30 AM to 9:00 AM
- **Venue:** B-tech Open Area, KC Campus
- **Participants:** Over **80** including students, faculty members, and administrative staff
- **Yoga Trainer:** (Certified Yoga Instructor)

Program Highlights:

1. **Welcome Address:**
The event commenced with a welcome speech by the Event Coordinator, who spoke about the need for physical and mental balance in student life.
2. **Yoga Demonstration:**
 - Participants performed a series of **basic to intermediate yoga asanas**.
 - The session included **warm-up exercises, breathing techniques (Pranayama), and meditation**.
 - Common asanas practiced: **Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Shavasana**.
3. **Interactive Session:**
The trainer interacted with participants and answered questions related to stress, anxiety, posture issues, and general fitness.
4. **Motivational Talk:**
The Principal addressed the gathering and highlighted the relevance of yoga in daily life, especially in managing academic pressure and improving focus.

Outcomes of the Event:

- Participants gained practical knowledge of yoga techniques.
- Improved awareness of the importance of mental health.
- The event encouraged the institution to plan weekly yoga sessions for sustained wellness.

Event Images:



Conclusion:

The Yoga Event on 22nd September 2021 was a successful initiative to reintroduce the culture of health and mindfulness on campus after the COVID phase. The enthusiasm and feedback from participants were overwhelmingly positive, and the institution committed to incorporating such activities regularly in the campus calendar.

“Yoga is the perfect opportunity to be curious about who you are.” – Jason Crandell
KC Group of Institutions – Moving Towards Wellness Together