



1.1.1 The institution ensures effective curriculum delivery through a well-planned and documented process

KC GROUP OF INSTITUTIONS, PANDOGA, UNA REPORT ON INTERNATIONAL YOGA DAY

Date: 21st June 2022

Venue: KC Institute, Pandoga

Theme: “Yoga for Humanity”

Objective:

The 8th International Yoga Day was celebrated to spread awareness about the invaluable benefits of yoga in leading a healthy lifestyle. The event was conducted in collaboration with the **AYUSH Department** (Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homeopathy).

Event Highlights:


- **Inauguration:**
The program began at 7:00 AM with a welcome speech and brief introduction by the yoga event coordinator. The Principal and senior faculty members addressed the gathering and emphasized the role of yoga in enhancing physical and mental wellness.
- **Yoga Demonstration Session:**
A comprehensive yoga session was conducted by trained instructors as per the **Common Yoga Protocol** provided by the Ministry of AYUSH.
The session included:
 - **Asanas (Yoga Postures)** – Tadasana, Trikonasana, Bhujangasana, etc.
 - **Pranayama (Breathing Techniques)** – Anulom Vilom, Bhramari
 - **Dhyana (Meditation)** – Guided meditation for relaxation and mindfulness
- **Participation:**
Over **120 students**, faculty members, and non-teaching staff actively participated in the session.
- **Poster and Slogan Display:**
The yoga awareness poster with the slogan:
was prominently displayed to reinforce the message of preventive health through yoga.

Outcomes of the Event:

- Increased awareness of the importance of yoga in daily routine
- Improved flexibility and mental calmness among participants
- Encouraged students to practice yoga beyond the event

Event Images:




**KC GROUP OF INSTITUTIONS**
PANDOGA | UNA

अंतर्राष्ट्रीय योग दिवस

जो करेंगे योग, नही छुएंगे उन्हें फिर रोग।

in Collaboration with Ayush-Department of ayurveda, yoga & Naturopathy, Unani, Sidha & Homoeopathy



21TH JUNE

VENUE : KC INSTITUTE, PANDOGA

IONS
A/UNA

अंतर्राष्ट्रीय योग दिवस

योग करेंगे योग, नहीं छुएंगे उन्हें फिर रोग।
In Collaboration with Ayush-Department of ayurveda, yoga & Naturopathy, Unani, Siddha & Homoeopathy

21ST JUNE
VENUE : KC INSTITUTE, PANDOGA

आयुष विभाग जिला ऊना (हि.प्र.)

अंतर्राष्ट्रीय योग दिवस

21 जून
"मानवता के लिए योग" (Yoga For Humanity)
आपका हार्दिक स्वागत करता है।



REDMI NOTE 5 PRO
MI DUAL CAMERA



Conclusion:

The International Yoga Day at KC Group of Institutions, Pandoga was a well-organized and impactful event. It successfully highlighted the importance of yoga in building a disease-free and stress-free society. The management expressed its intent to conduct regular yoga workshops for staff and students.

“Yoga is not just exercise, it is a way to discover the sense of oneness with yourself, the world & nature.” – Narendra Modi

Stay Healthy. Stay Peaceful. Practice Yoga.

Prepared by:

**Er. Priyanka
Event Coordinator / Faculty Incharge
KC Group of Research and Professional Institutes**