

**Ram Lal Anand College**  
**Yoga and Meditation Committee**

**Event Report**  
**(Session 2022-23)**  
**International Yoga Day Celebration 2022**  
**21<sup>st</sup> June, 2022**

**NAME OF THE EVENT:** International Yoga Day Celebration 2022

**NATURE OF THE EVENT:** Physical Event

**DATE AND DURATION:** 21st June, 2022

**VENUE:** College Front Lawn

**NUMBER OF PARTICIPATING STUDENTS:** 95+ participants

**BRIEF SUMMARY OF THE EVENT:**

On June 21st, 2022, our college enthusiastically celebrated the International Yoga Day, joining millions of people worldwide in commemorating this occasion. The event aimed to promote the importance of yoga in achieving physical, mental, and spiritual balance while fostering global harmony and well-being.

The International Yoga Day celebration in 2022 was a remarkable success, bringing the college community together to celebrate the ancient practice of yoga. The event underscored the importance of promoting holistic well-being, fostering inclusivity, and embracing unity on a global scale. As an institution committed to promoting health and wellness, the college aims to continue organizing such events, contributing to the worldwide movement of embracing yoga for a healthier and more harmonious world.

**Objectives:**

The main objectives of the International Yoga Day celebration were as follows:

- a) Raise awareness about the significance of yoga as a holistic approach to well-being.
- b) Encourage students and faculty to embrace yoga as a regular practice for maintaining health and reducing stress.
- c) Showcase the diversity and inclusivity of yoga by incorporating various styles and techniques.
- d) Promote unity and solidarity among participants, aligning with the global theme of the event.





