

Celebration of International Yoga Day and Poster Making Competition

21 June 2025

The **NSS Unit of I and II of Govt. College sector 9 Gurugram** celebrated *International Yoga Day* on **21st June 2025** with great enthusiasm and participation. The celebration aimed to promote awareness about the benefits of yoga for physical and mental well-being, in line with the global theme of the year – “*Yoga for Self and Society*.” The program began at **7:30 AM** with faculty members, NSS volunteers, and students. The event commenced with a brief address by the NSS Programme Officer, who highlighted the significance of International Yoga Day and how yoga can be a tool for a healthy lifestyle.

This was followed by a **yoga session conducted by a certified yoga instructor**, who guided participants through a series of asanas (yoga postures), pranayama (breathing exercises), and meditation techniques. Students and staff actively participated in the session.

After the yoga session, a **Poster Making Competition** was organized on the theme “**Yoga for Wellness**”. The competition saw enthusiastic participation from students across various departments. Participants showcased their creativity and understanding of yoga through colorful and thoughtful posters. The posters highlighted the physical, mental, and spiritual benefits of yoga and encouraged others to adopt yoga as a daily habit.

The celebration of *International Yoga Day* by the NSS unit I and II was a successful and impactful event. It not only encouraged students to practice yoga regularly but also provided a creative platform through the poster-making competition to express their understanding and support for the ancient Indian practice of yoga.



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