

## Report on International Yoga Day Celebration – 21st June 2025

The International Yoga Day was celebrated with great enthusiasm and participation at The ICFAI University, Raipur on **21st June 2025**. The event was organized to promote the significance of yoga for physical and mental well-being among the university community.

The yoga session was conducted by **Mr. Nitin Sharma**, an experienced Yoga Trainer, who skilfully guided the participants through various asanas, breathing techniques (pranayama), and meditation practices. His session was both informative and rejuvenating, receiving appreciation from all attendees.

The event was graced by the **Hon'ble Vice-Chancellor, Registrar**, and other senior dignitaries of the university. Their presence greatly encouraged the faculty, staff, and students to actively participate in the yoga session. A **large number of faculties** from different departments enthusiastically took part and acknowledged the benefits of incorporating yoga into daily life.

The celebration concluded with a brief address by the Vice-Chancellor, who emphasized the importance of maintaining physical and mental health through regular yoga practice. The Registrar also appreciated the efforts of Mr. Nitin Sharma and the organizing committee for making the event a success.

Overall, the International Yoga Day celebration at ICFAI University, Raipur was a remarkable event that reinforced the values of holistic health and well-being.

Event Coordinator  
ICFAI University, Raipur



