

International Yoga Day Celebration – 21st June at Smt. S. I. Patel Ipcowala College of Education, Petlad

Every year on **21st June**, in sync with the global observance, our college celebrates **International Yoga Day**, embracing the national theme “Yoga for Self and Society.” The event gathers enthusiastic participation from faculty, student-teachers, and staff. A certified Yoga instructor leads a structured session including warm-ups, asanas, pranayama, and guided meditation.

Keynote Address

Our respected Principal addressed the gathering, saying:

“Yoga is not just an exercise, but a profound way to connect mind, body, and soul.”

Activities & Participation

Held in the early morning, participants assembled on the college lawn in orderly rows. With energetic guidance, they practiced a balanced sequence of postures and breathing exercises. Focus, flexibility, emotional balance, and mindfulness were the highlights of the session.

Student Testimonials

Priya J., B.Ed.: “Since I began yoga, my stress levels have dropped significantly and my focus while studying has improved.”

Prakash K., B.Ed.: “Pranayama exercises help me feel calm and energized—much better than any energy drink!”

Neha S., B.Ed.: “Meditation at the conclusion gave me a wonderful sense of peace—our college should hold such sessions regularly.”

Outcomes & Institutional Significance

Many participants shared feeling greater flexibility, enhanced breathing control, and a refreshed mindset.

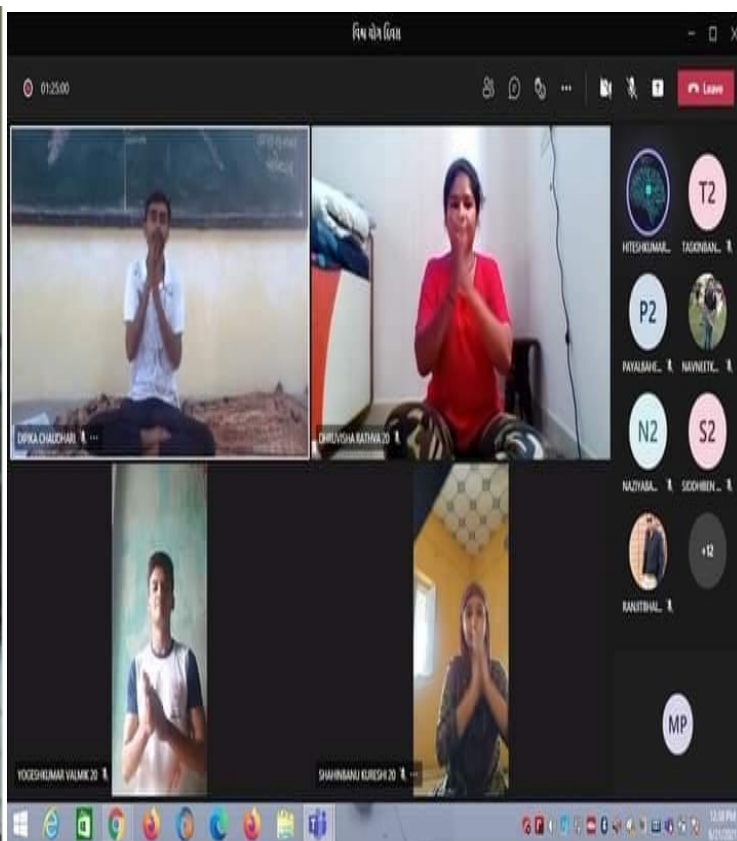
The event reinforces the college’s ongoing emphasis on **holistic education**, harmonizing physical fitness, mental tranquility, and cultural values.

It underscores our commitment to preparing future educators who prioritize wellness and balanced lifestyles throughout their teaching careers.

Schedule for Celebration

Time	Activity
6:30 AM	Assembly & welcome message
6:45 AM	Principal’s address
7:00–7:45 AM	Yoga session: Sukshma Vyayama, Asanas, Pranayama
7:45–8:00 AM	Shavasana – Meditation & relaxation
8:00 AM	Vote of thanks & closing

YOGA DAY CELEBRATION 2021-22



YOGA DAY CELEBRATION 2023-24



YOGA DAY CELEBRATION 2024-25

