



MALAVIYA NATIONAL INSTITUTE OF TECHNOLOGY JAIPUR


Report of 100 days Countdown of the International Day of Yoga (IDY) 2025

**MALAVIYA NATIONAL INSTITUTE OF TECHNOLOGY JAIPUR**

**सत्यमेव जयते**
Ministry of Education
Government of India

THE INTERNATIONAL DAY OF YOGA 2025

'Yoga for One Earth, One Health'



Date : 21st June 2025
Timing : 6:30 AM to 7:45 AM
Venue: Children Park

REPORT OF WELLNESS CLUB

“Youth Empower and Skills Workshop (YES!+)” event conducted Wellness Club in collaboration with DSW office

About:

The Wellness Club in collaboration with DSW office organized Youth Empowerment and Skills (YES!+) Workshop for students of MNIT especially for the first-year Undergraduate students. The main aim of the workshop is to experience the scientific SKY (Sudarshan Kriya Yoga) breathing technique through fun filled activities. By this workshop students can be able to reduce their stress levels, increase in calmness & concentration levels.

Date :- 8th April – 11th April, 2025
Venue :- L- 107, VLTC, MNIT Campus
Organised by :- Wellness Club, DSW Office, MNIT Campus

Purpose:

The purpose of the session is to:

- To equip students with practical tools and techniques that will make them more creative, efficient, confident, clear-minded, stress-free, joyful and energetic
- To in-still human values, ethics, moral values and integrity amongst the students
- To assist students come out of depression, suicidal tendencies, addictions, anger, aggression, violent tendencies, anxiety and fear.

Session Highlights:

Day 1:

- Started with the interaction among each other in the workshop.
- Students have engaged in fun-filled activities knowing the connection between the breath and mind.
- Ended with learning ancient wisdom like pranayama, warriors breathe after experiencing them, students felt highly energetic and calm.

Day 2:

- Students have participated in yogic stretches and sun salutations starting of the day.
- Students had experienced NSDR (Non-Sleep Deep Rest) during the session for 20 minutes which felt like taking deep sleep for 4 hours which make them high energetic and relaxed at the same time.
- Ended with experiencing SKY (Sudharshan Kriya Yoga) breathing technique which made them highly positive, centeredness, joyful and energetic.

Day 3:

- Students had learnt to get rid of their emotional garbage from their mind to make them feel happier and energetic through SKY breathing technique.
- Students able to relate the practices in the workshop can be useful to make their personal and academic life better.

Day 4:

- Students have experienced the ancient wisdom which is being part of our everyday life.
- Students had learnt different practices which is very useful for their academic and personal life.

Feedback:

It was very rejuvenating, energetic. Because of this our concentration levels were increased and able to concentrate much better. The best was part detoxifying the mind, it immensely benefited our life, academics. It is the complete package how you improve your life in every possible way especially the mind which is the most powerful tool of our life. By this we can handle any tough situation with calmness in mind and still be happy with whatever you have.



REPORT OF HINDI AND ENGLISH PRESS CLUB:

A Path to Holistic Wellbeing organized by the Hindi and English Press Club, MNIT Jaipur has successfully organized an Editorial Writing competition on the Topic "Yoga in the Modern World: A Path to Holistic Wellbeing" on May 14, 2025, from 5-6 pm as a part of the events conducted under the 100-day Countdown along with the celebration of the International Day of Yoga (IDY), 2025 on 21st June 2025. The event explored the significance of Yoga in modern life, focusing on its benefits for physical and mental wellbeing. The participants, through their report expressed a deeper understanding of the relevance of Yoga in today's fast-paced world.

The event was a huge success, met by an overwhelming participation from the MNIT Jaipur students. The Hindi and English Press Club ensured a smooth execution, and the event received positive feedback from the attendees. The first, second and third places were awarded to Abhishek Singh (2024UEE1460), Ishaan Arora (2022RHS9511) and Ronak Sharma (2024UCH1129), respectively. The organizers Dr. Geetanjali Chattopadhyay and Dr. Reena Kumari expressed their heartfelt gratitude to Dr. Preeti Bhat, for gracing the event as the judge, to the Associate Dean (cultural) Dr. Meenakshi Tripathi and to the Dean (Student welfare) Prof. Kanupriya Sachdev, for facilitating the smooth conduction of the event. Overall, the Editorial Writing competition was a valuable experience, providing meaningful insights into yoga's benefits and its potential to promote holistic wellbeing. The event was a resounding success, and attendees left with a newfound appreciation for yoga's significance.

REPORT OF QUIZ CLUB

“Know your India Quiz” event conducted by the Quiz Club”

1. Event Overview:

Event Name: Know your India Quiz

Date of Event: 14-05-2025

Venue: L-108

Organized by: Quiz Club

Coordinators: Priyanshu Jha, Gaurav Patel, Harsh Goyal, Princi Mantri, Mahima, Khusboo

2. Introduction:

The “Know Your India Quiz” was organized with the aim of fostering a deeper understanding and appreciation of India’s rich heritage, cultural diversity, and significant achievements. The initiative served as an engaging platform for participants to explore various facets of the nation, including its history, geography, traditions, and contributions to the world. The quiz encouraged active learning, competitive spirit, and a sense of pride in India’s uniqueness. This report outlines the objectives, planning, execution, and outcomes of the quiz, highlighting its success in promoting awareness and knowledge among participants.

Event Theme: Exploring the Vibrant Tapestry of India: Culture, History, Achievements, and the Vision of Swami Vivekananda

Objective: The "Know Your India Quiz" aims to celebrate India's rich heritage, history, and achievements while inspiring participants through the vision and teachings of Swami Vivekananda.
Target Audience: Students

3. Event Highlights:

Description: The “Know Your India Quiz” was successfully conducted. The event aimed to celebrate the diverse and rich heritage of India by engaging participants in a challenging and educational quiz competition.

Structure and Format: A quiz was conducted in the classic pen-and-paper format, consisting of thought-provoking questions.

Participants' Engagement: The event witnessed enthusiastic participation from many students from different branches who showcased their interest and understanding of India.

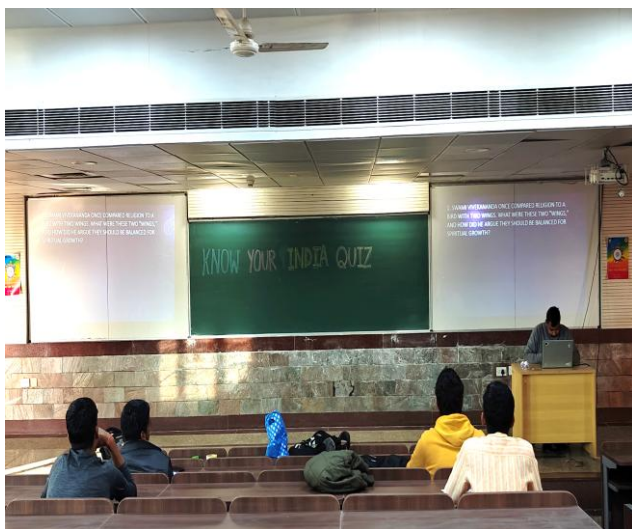
4. Sponsorship: No Sponsorship.

5. Feedback and Suggestions:

Participants' Feedback:

Participants’ Feedback: Participants expressed their enthusiasm, with many praising the quiz for being both educational and entertaining. Common feedback include appreciation for the well-researched questions, the smooth organization of the event, and the interactive nature of the quiz.

6. Event photos:



REPORT OF CREATIVE ARTS CLUB

“T-Shirt Painting Competition” event conducted by the Creative Arts Club”

The T-shirt painting competition was successfully organised by the Creative Arts Club on our campus. All the required materials like T-shirt and stationary item related for painting were provided by the club. After the successful completion of the event the T-shirts were submitted to the club.

Date : 21st May 2025
Time : 6:30 PM
Location : Front Porch, VLTC

1. About the event:

Let your imagination run wild and design a unique T-shirt that reflects your style! The competition is for open for all students and staff of the institute. Participation Certificates for all!!

2. Rules & Guidelines:

1. Max. team size is 2 members.
2. Theme: Yoga
3. All necessary materials will be provided.
4. Time limit: 2 hrs
5. Judging will be based on creativity, neatness and theme usage.

3. Winners of Competition are: (Student Category)

1. (I) Position: Harshada Jain (2022UAR1313)
2. (II) Position: Vaibhav Rathore (2023PCV5464), Himani Bhagat (2023PCV5455)
3. (III) Position: Abhishek Kumar 2021UEE1734

4. Winners of Competition are: (Staff Category)

1. (I) Position: Himani Choudhary (simi.hum@mnit.ac.in)

5. Event photos:





REPORT OF HINDI LANGUAGE ACTIVITY CLUB

“Essay and Slogan writing on Yoga” event conducted by the Hindi Language Activity Club”

Objective:

It's aim is not only to commemorate the past decade but also to propel Yoga's reach and impact further into the future. In this regard, signature activities earmarked for the Department of Higher Education and its autonomous bodies as a 100-day countdown to IDY are- **Yoga Unplugged, Yoga Maha Kumbh, and Yoga Prabhava**. The indicative list of Activities to be performed as part of the 100-day countdown activities culminating in the Central Yoga event on 21st June, 2025.

1. Event Overview

Event Name: Essay and Slogan writing on Yoga

Date of Event: 05th June 2025

Venue: VLTC L007

Organized by: Hindi Language Activity Club, DSW, MNIT Jaipur

Timings: 5:10 PM – 6:00 PM

Faculty Advisors: Dr. Naresh Kumar Raghuwanshi, Dr. Hemant, Kumar Meena

Committee:

- Shailendra Yadav (General Secretary)
- Sourabh Gangwar (Joint Secretary)

2. Introduction

The Hindi Language Activity Club is a vibrant space where individuals engage in interactive activities to enhance their proficiency and appreciation of the Hindi language and culture.

Objective: To spread important messages on social causes under Yoga Unplugged (Youth Initiatives).

Target Audience: Students, faculty, and staff members.

3. Event Highlights

Description:

The **Essay and Slogan Writing Competition** on the topic "**Yoga**" organized by the **Hindi Language Activity Club** is an educational and thought-provoking event that invites participants to reflect on the critical role that a nation's constitution plays in its development.

Activities: The competition was conducted in two parts, one is essay writing and another is slogan writing.

Creative Aspects: Self-scripted Slogans on Yoga

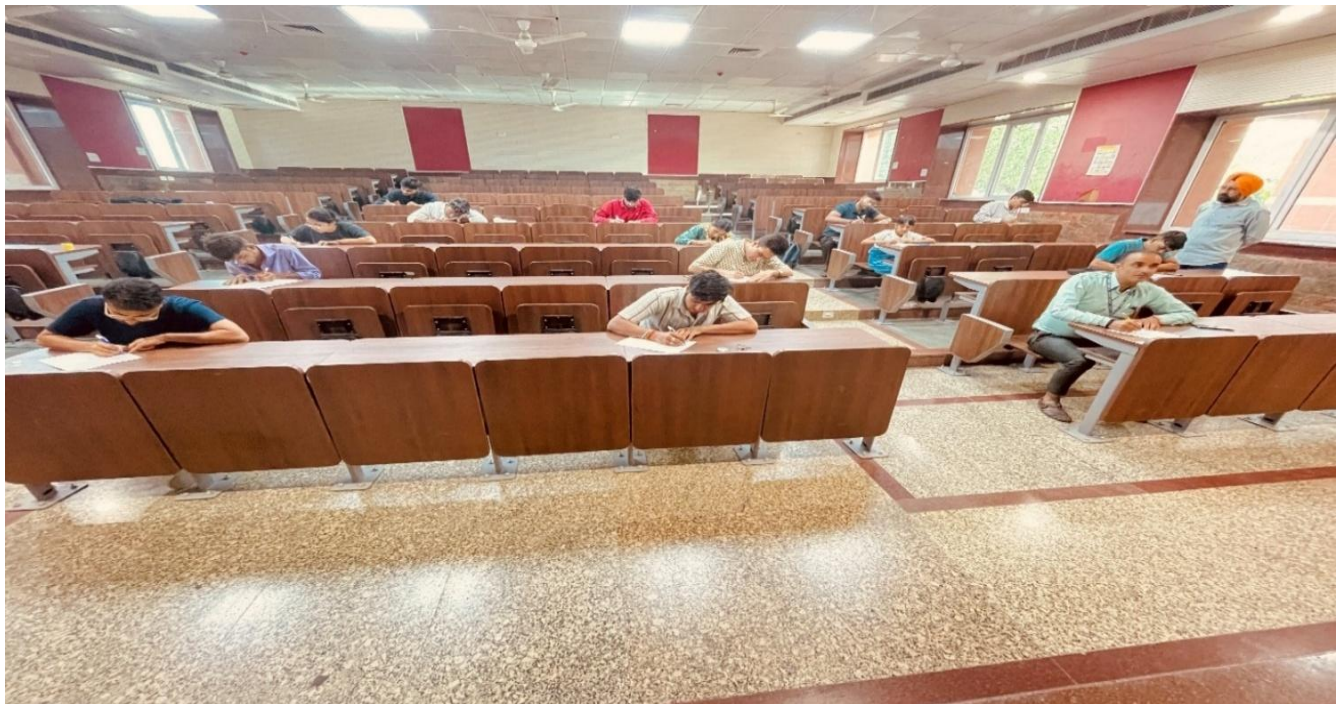
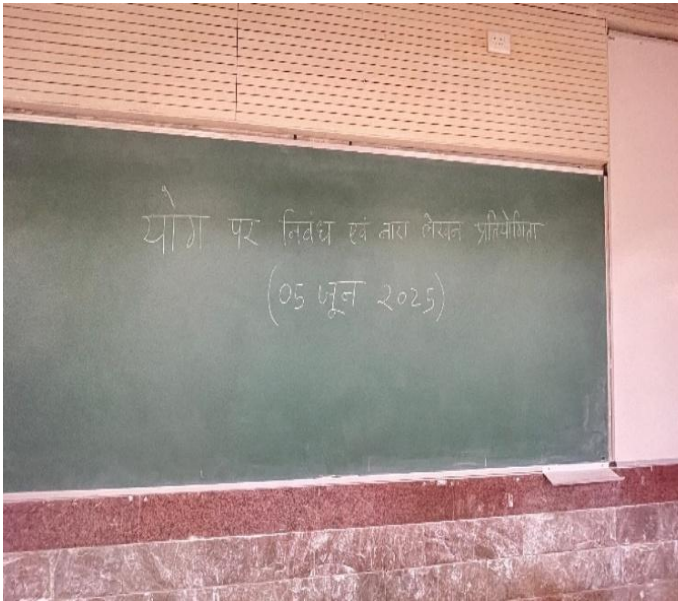
Audience Participation: A Total of 33 registrations were received through Google Form for the event, and 14 participants are registered for the competition.

4. Sponsorship: This event was organized by DSW (Dean Student Welfare), MNIT Jaipur.

5. Winners:

S. No.	Name	College ID	Position
1.	Vijay Singh	MNITJTS102	FIRST
2.	Ashana Bai Meena	2023UME1696	SECOND
3.	Daman Singhal	2022UME1257	THIRD

6. Photos of the event:



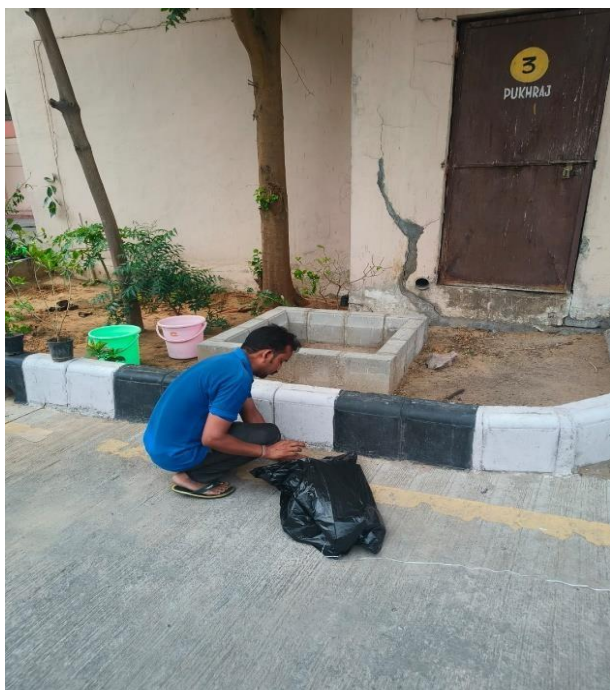
REPORT OF THINK INDIA CLUB

"Harit Yoga"

- **Event Name:** Harit Yoga
- **Date:** June 17, 2025
- **Venue:** Acharya Bhawan, MNIT Campus
- **Organised by:** Think India MNIT Jaipur

On the occasion of the 100-day countdown to International Day of Yoga 2025, the event *Harit Yoga* was organized by the Think India MNIT Jaipur team under the theme "Yoga Unplugged". The objective of this event was to promote sustainability by combining the practice of yoga with tree plantation and clean-up drives. The event saw enthusiastic participation from students, faculty members, and residents around the Acharya Bhawan area. The program commenced with a cleanliness drive, during which participants collected and responsibly disposed of litter, ensuring a clean and hygienic environment. Following this, a tree plantation drive was carried out. Participants planted a variety of saplings, including flowering, shade- giving, and fruit-bearing trees. The plantation drive not only beautified the area but also contributed to a greener environment. The event served to promote sustainable living and encourage environmental responsibility among participants. It concluded with a sense of collective accomplishment and a renewed commitment to environmental conservation. Harit Yoga demonstrated the power of collective action in driving positive change. Think India MNIT Jaipur plans to continue such initiatives, inspiring more people to participate in sustainability-driven activities. The event was a resounding success, leaving a lasting impact on all involved.

The following are a few selected photographs of the event:





REPORT OF INTERNATIONAL DAY OF YOGA 2025 (21st June 2025)

In compliance of D.O. letter No. 29-2/2025-S&S dated 18.03.2025 received from Ministry of Education, Government of India, Malaviya National Institute of Technology (MNIT), Jaipur, celebrated the International Day of Yoga 2025 with the theme "**Yoga for One Earth, One Health**" to highlight the dual benefits of yoga on individual well-being and its broader impact on societal harmony. This year's focus is on the transformative power of yoga to enhance the well-being of Individuals and contribute to a healthier society. The event aimed to promote the practice of yoga as a means to cultivate personal health and contribute to a more compassionate and connected society.

The event was followed by an address by the Chief Guest, Prof. N.P. Padhy, Director, Prof. Rohit Bhakar, Registrar (I/c) Dr. Meenakshi Tripathi, Dean, SW (I/c) and Dr. Virender Singh, Senior Sports Officer.

The day commenced with early morning yoga sessions conducted by experienced yoga instructor Ms. Namita Chauhan. Students, faculty, and staff participated in a variety of yoga asanas and pranayama exercises aimed at promoting physical fitness and mental tranquility.

Impact and Legacy:

* **Yoga for Personal Wellness:** Experts led discussions on how yoga contributes to personal health, stress management, and emotional well-being. Participants learned about integrating yoga into daily routines for enhanced physical and mental resilience.

* **Yoga for Social Harmony:** Panels focused on the role of yoga in fostering social cohesion, promoting empathy, and building stronger community bonds. Discussions emphasized the importance of yoga in creating a harmonious society.

Conclusion: The International Day of Yoga 2025 (21st June 2025) at MNIT Jaipur was a resounding success, promoting the importance of yoga as a holistic approach to health and well-being. Through various activities and sessions, participants gained valuable insights and practical knowledge that can contribute to their personal and professional lives. The event not only celebrated an ancient tradition but also underscored MNIT Jaipur's commitment to fostering a healthy and harmonious campus environment.

MNIT Jaipur plans to continue promoting yoga and wellness initiatives throughout the academic year, integrating them into the curriculum and extracurricular activities. Future events will focus on expanding community outreach and deepening awareness about the transformative power of yoga in nurturing both individual and societal well-being.

This report summarizes the successful celebration of the International Day of Yoga 2025 at Malaviya National Institute of Technology, Jaipur, highlighting its thematic focus on "**Yoga for One Earth, One Health**" and its impact on participants and the broader community.

















