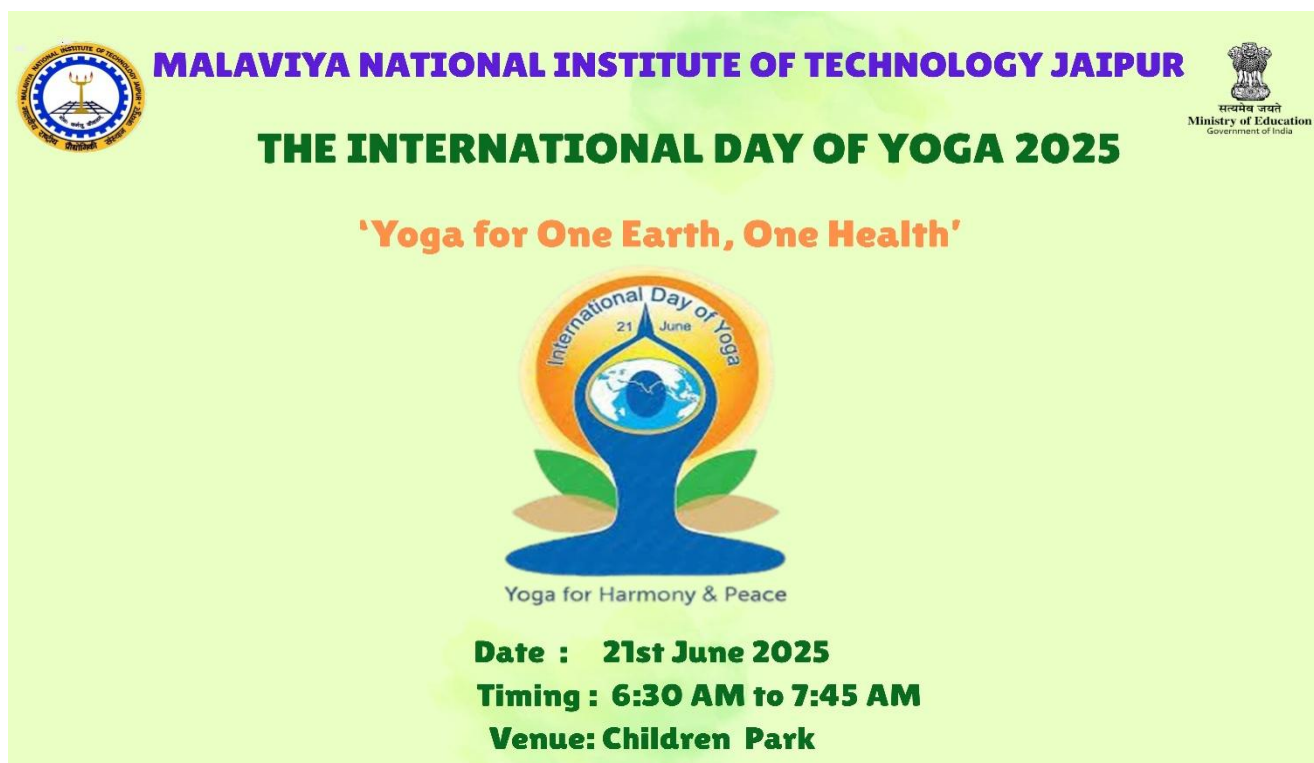


MALAVIYA NATIONAL INSTITUTE OF TECHNOLOGY JAIPUR

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.













