



Department of Physical Education

Janta Vedic College, Baraut, Baghpat – 250611

Detailed Report on International Yoga Day Activities (June 15th - June 21st, 2025)

This report details the yoga activities conducted in Janta Vedic College, Baraut between June 15th and June 21st, 2025, leading up to International Yoga Day. The activities involved various groups, including students and community members, participating in Surya Namaskar and other yoga asanas.

Event Overview:

The activities were organized in accordance with directives received from Respected **Principal, Janta Vedic College** as per his **official letter dated 12/06/2025**. The college established a committee to oversee the yoga training and event, with specific individuals designated as Nodal Officer and Members. The letter explicitly mentions Surya Namaskar yoga practice scheduled for 7:00 AM daily from June 15th to June 20th, 2025, and a program of Surya Namaskar performance between **8:00 AM to 8:10 AM on June 21st, 2025**.

Daily Activities and Observations:

1. June 15th, 2025:

- **Time:** 07:30 AM
- **Location:** College Cricket Ground
- **Activity:** A group of individuals, primarily young students dressed in white, performed yoga asanas on a grassy field. The pose appeared in photo is a forward bend or "**Adho Mukha Svanasana**" (**Downward-Facing Dog**). This aligns with the preparation for Surya Namaskar.



2. June 16th, 2025:

- **Time:** 07:30 AM
- **Location:** College Cricket Ground

- **Activity:** A large group of students in white attire practiced "**Urdhva Hastasana**" (**Upward Salute**) indicating a dynamic yoga session. Session was concluded after 4 repetition of Surya Namaskar Asana. Session was guided by Dr. Rakam Singh Malik.



3. June 17th, 2025:

- **Time:** 07:30 AM
- **Location:** College Cricket Ground
- **Activity:** A group of approx. 60 students lined up and made aware about benefits of having Yoga Asanas. Then, they went through some light warm-up and practiced **5 repetitions of Surya Namaskar sequences**. Group was instructed by Dr. Rakam Singh Malik.



4. June 18th, 2025:

- **Time:** 07:30 AM
- **Location:** College Cricket Ground

- **Activity:** Students were assembled and instructed to get some warm-up exercises. Then, they performed **6 repetitions of Surya Namaskar**. Session; instructed by Mr. Anant Kumar and concluded with words of wisdom by respected Principal Dr. Virendra Pratap Singh.



5. June 19th, 2025:

- **Time:** 07:30 AM
- **Location:** College Cricket Ground
- **Activity:** Participants, largely students in white, were performing a pose resembling "**Bhujangasana**" (**Cobra Pose**) or a modified push-up position, which is a component of Surya Namaskar. 6 repetitions of Surya Namaskar were performed by students along with Principal Sir, Nodal Officer and other members of Yoga Committee.

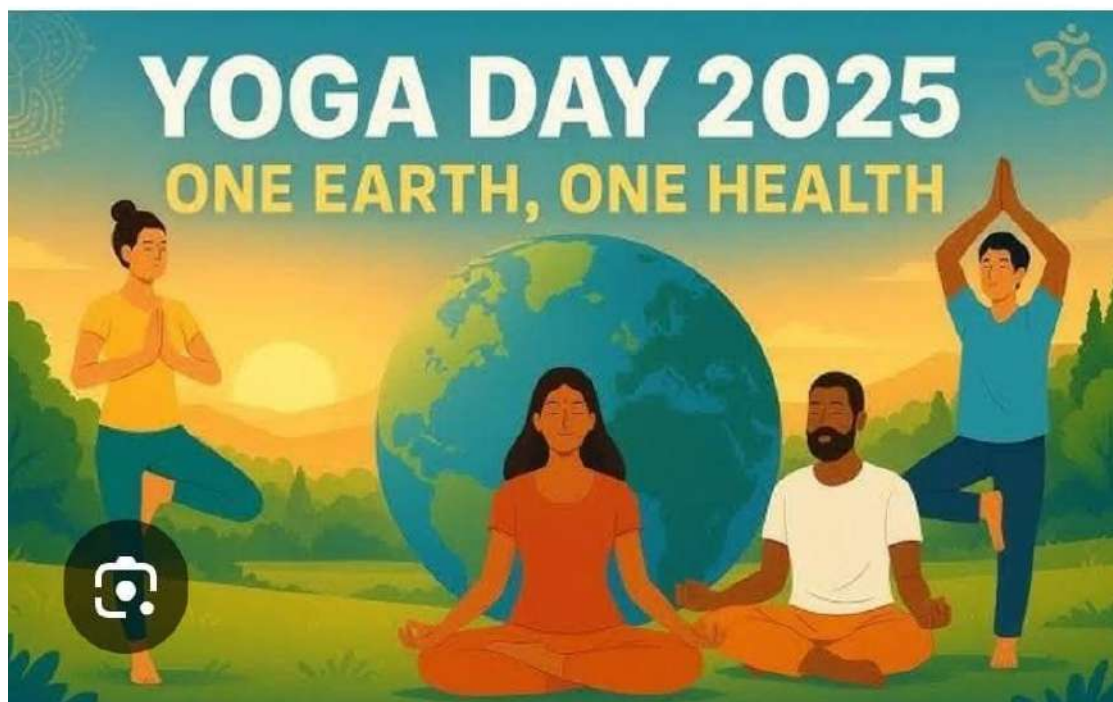


6. June 20th, 2025:

- **Time:** 07:30 AM
- **Location:** College Cricket Ground
- **Activity:** Students, some adults and yoga committee members participated in the session and performed 6 repetitions of Surya Namaskar. Session was concluded with some **insightful thoughts** shared with participants by Principal Sir and Nodal Officer.



International Yoga Day 2025



Venue: Janta Vedic College, Baraut, Baghpat

Date: 21st June 2025 **Time:** 7:00 AM to 8:30 AM

Organized under the aegis of: Chaudhary Charan Singh University, Meerut and I.Q.A.C. Janta Vedic College, Baraut

Overview of the Event

The International Yoga Day 2025 was celebrated with great enthusiasm and discipline at **Janta Vedic College, Baraut (Baghpat)** on the serene morning of **21st June 2025** in the lush green central lawn of the college. The event was conducted by **Mr. Anant Kumar**, Assistant Professor, Physical Education and Yoga Nodal Officer for this program.



Participation

The event witnessed **active participation from students, faculty members, NSS & NCC cadets, and staff** of the college. Individuals from all age groups gathered on beautifully arranged mats to collectively embrace the holistic practice of yoga.



Yoga Session Highlights

The guided yoga session featured a structured sequence of **asanas and breathing techniques**:

Opening Prayer and Warm-Up

- The session commenced with a prayer and brief warm-up stretches to prepare the body.



Asanas Practiced

- Vajrasana
- Bhujangasana (Cobra Pose)
- Trikonasana (Triangle Pose)
- Tadasana
- Pavanamuktasana

These asanas were demonstrated and practiced step-by-step with proper alignment and breathing cues.



Pranayama Session

- Breathing techniques including **Anulom-Vilom**, **Bhramari**, and **Kapalbhati** were conducted to instill calmness, improve concentration, and enhance internal energy balance.



Surya Namaskar (Sun Salutation)

- A central focus of the event, Surya Namaskar was performed in synchronized movements by all participants. The sequence was repeated multiple times to promote strength, flexibility, and vitality.



Inspirational Address

The session was graced by the **Principal Sir** who addressed the gathering with an enlightening speech. He emphasized that:

“Yoga is not merely physical exercise but a profound method of cultivating mental clarity, spiritual insight, and holistic well-being. Its incorporation into daily life brings balance and harmony.”



Faculty members and Contributors

It is very difficult to mention names, but some staff members are highly appreciated and thanked for their valuable contribution to the success of the event.



Conclusion

The event not only promoted **physical health and mindfulness** but also served as a platform to instill **discipline, concentration, and self-awareness** among students and staff. The celebration ended with a resolve to **incorporate yoga into daily routines** and spread its message across society.

Anant Kumar
Assistant Professor & In-Charge
Dept. of Physical Education

Dr. Virendra Pratap Singh
Principal

CC to. 1. IQAC
2. College Website