



**Raj Rajeshwari College of Education, Chorab (Mansui) P.O. Bhota, Tehsil  
Barsar District, Hamirpur (H.P.)-176041**

***Report***  
***On***  
***International Yoga Day***  
***21<sup>th</sup> June 2025***



Date: 21<sup>st</sup> June 2025

Venue: RRC BHOTA Auditorium / MULTIPURPOSE HALL

Organized by: RAJ RAJESHWARI B.ED COLLEGE OF EDUCATION BHOTA  
HAMIRPUR

To promote the importance of physical and mental well-being, RRC BHOTA celebrated International Yoga Day on 21<sup>st</sup> June 2025 with great enthusiasm. The event was organized under the guidance of the college principal, faculty members, and the Yoga Committee.

The programme commenced at 10:00 AM with a welcome speech by faculty member Mr Ajay Kumar. Highlighting the theme of this year's Yoga Day was "Yoga for One Earth One Health." D.P.E Mr. Gulshan Thakur conducted the session.

The yoga session began with a prayer and chanting the Mantra of Om, followed by warm-up exercises. Various asanas such as Tadasana, Vrikshasana, Bhujangasana, and Pranayama were demonstrated and practiced by all participants. The instructor explained the benefits of each posture and stressed the importance of including yoga in daily life for improved health and concentration.

Around 50 students and 12 faculty members actively participated in the session. Everyone was also encouraged to do daily yoga.

The program concluded with a vote of thanks by Mrs Sunita Dutta, who appreciated the efforts of everyone involved in making the event successful.

Overall, the celebration of International Yoga Day at RRC BHOTA was a meaningful step towards spreading awareness about holistic health and wellness among students and staff.

Submitted by:

Gulshan Thakur

Designation :- D P E.

Date 21 June 2025



Principal  
Raj Rajeshwari College of Education,  
Village Chorab(Mansui), P.O. Bhota,  
Tehsil Barsar, District Hamirpur, H.P.