

INTERNATIONAL YOGA DAY 20TH JUNE 2026 (SATURDAY)



The NSS Unit of Gitarattan International Business School (GIBS) organized the Celebration of International Yoga Day on 20th June 2026. The celebration aimed at spreading awareness regarding the significance of yoga in achieving holistic health and inner harmony. The programme reflected the institution's commitment towards promoting physical fitness, mental wellness, and spiritual well-being among the youth.

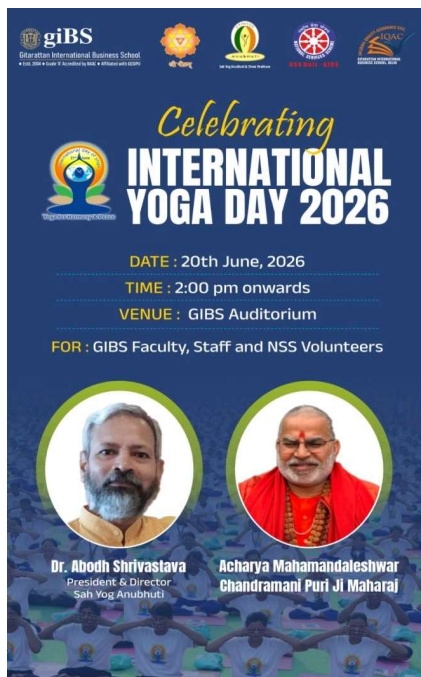
The programme began with the welcome address by the Officiating Director, Prof (Dr) Urvesh Chaudhery who highlighted the growing importance of yoga in contemporary life and encouraged everyone to adopt yoga as a regular practice for maintaining a healthy and balanced lifestyle. The highlight of the programme was the invigorating yoga session conducted by Dr. Abodh Shrivastava, President & Director, Sah Yog Anubhuti and Ms Meenu the yoga instructor at Sah Yog Anubhuti. The session included various yogic postures, breathing exercises, and meditation techniques designed to enhance physical flexibility, concentration, and emotional stability. Dr. Shrivastava also explained the scientific and therapeutic benefits of yoga, making the session highly interactive and informative for all participants.

Following the yoga session, Acharya Mahamandaleshwar Chandramani Puri Ji Maharaj delivered an inspirational lecture on holistic well-being. His enlightening address emphasized the significance of spiritual discipline, self-awareness, and inner peace in leading a meaningful life. The audience was deeply inspired by his words and teachings.

A proud moment for the institution came when Acharya Mahamandaleshwar Chandramani Puri Ji Maharaj presented an award to Gitarattan International Business School in recognition of its efforts towards promoting wellness, value-based education, and social responsibility. The award was graciously accepted by Dean ma'am, Ms Prachi Jindal and the Officiating Director, Prof (Dr) Urvesh Chaudhery on behalf of the institution, followed by an expression of gratitude.

The programme concluded with the felicitation of guests, the National Anthem, and a group photograph capturing the memorable moments of the celebration. The event successfully created awareness regarding the importance of yoga and inspired participants to incorporate yogic practices into their daily lives for overall well-being.

FLYER OF THE EVENT



TYPE OF EVENT	Extra-curricular
VENUE	GIBS Auditorium
TIME & DURATION	2 PM - 4 PM
CONDUCTED BY	NSS Unit of GIBS
ORGANISED FOR	Faculty members and Staff of GIBS
NAME OF THE COORDINATOR	Ms. Muskan Grover, Dr Prerna Jain
ATTENDANCE	20
RESOURCE PERSON	Dr. Abodh Shrivastava , Designation- President & Director, Sah Yog Anubhuti Pandit C Mishra , Acharya Mahamandaleshwar

	Chandramani Puri Ji Maharaj, Shree Peetham NGO
OBJECTIVES OF THE EVENT	<ul style="list-style-type: none"> • To spread awareness regarding the importance of yoga for physical, mental, and spiritual well-being. • To encourage students and faculty members to adopt yoga as a part of their daily routine. • To promote holistic wellness and mindfulness among participants. • To celebrate India's rich cultural heritage through the practice of yoga.
LEARNING OUTCOME	<ul style="list-style-type: none"> • Participants understood the importance of yoga in maintaining physical and mental health. • Participants experienced various yogic postures and breathing techniques beneficial for stress management. • Participants gained awareness about holistic well-being and spiritual discipline. • The event motivated participants to incorporate yoga and meditation into their daily lifestyle.
SHORTFALL DURING EVENT	None
LINK OF ONLINE VIDE	https://www.instagram.com/reel/DZ68rBXSCdg/?igsh=bDU4YzkwYT15OXQ=

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