



**RAJASTHAN COLLEGE OF ENGINEERING FOR WOMEN**

A Leading Exclusively Girls Engineering College In Jaipur, Rajasthan

Approved by AICTE | Affiliated to RTU, Kota

Established Year 2002



Report on

International Yoga Day at Rajasthan College of Engineering - June 21, 2024

## 'Yoga For Self and Society'



**Introduction:** Today, Rajasthan College of Engineering celebrated International Yoga Day with great enthusiasm and participation from students and faculty alike. The event aimed to promote physical and mental well-being through the practice of yoga, emphasizing its importance in maintaining a healthy lifestyle.



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**RCEW द्वारा आयोजित**

# “ अंतराष्ट्रीय योग दिवस ”

की हार्दिक शुभकामनाएं

 #InternationalYogaDay

**MEET OUR MENTORS**



**Rubaina Nagpal**  
(Sebukan Karate Black Belt & Yoga Expert)



**Puja Mandla**  
(Co-Director, Yog Sattva)



**Ishu Shiva**  
(Yoga Teacher & Social Entrepreneur)

 **21<sup>st</sup> June , 2024**  
**7.00 am - 8.00 am**

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**Event Details:** The event commenced at 7:00 AM in the college grounds, which were beautifully decorated with banners and yoga mats arranged for participants. The serene environment provided a perfect setting for the morning's activities.

**Yoga Session:** Led by certified yoga instructors (**Ishu Shiva Yoga Teacher & Entrepreneur ,Puja Mandla Co-Director,yog sattva, Master Yoga & Rubaina Nagpal black Belt –Yoga Expert**) Teacher the session began with a brief introduction to yoga and its benefits. Participants engaged in various yoga asanas (poses), focusing on relaxation, flexibility, and stress relief. Special emphasis was placed on breathing exercises to enhance mindfulness and inner peace.

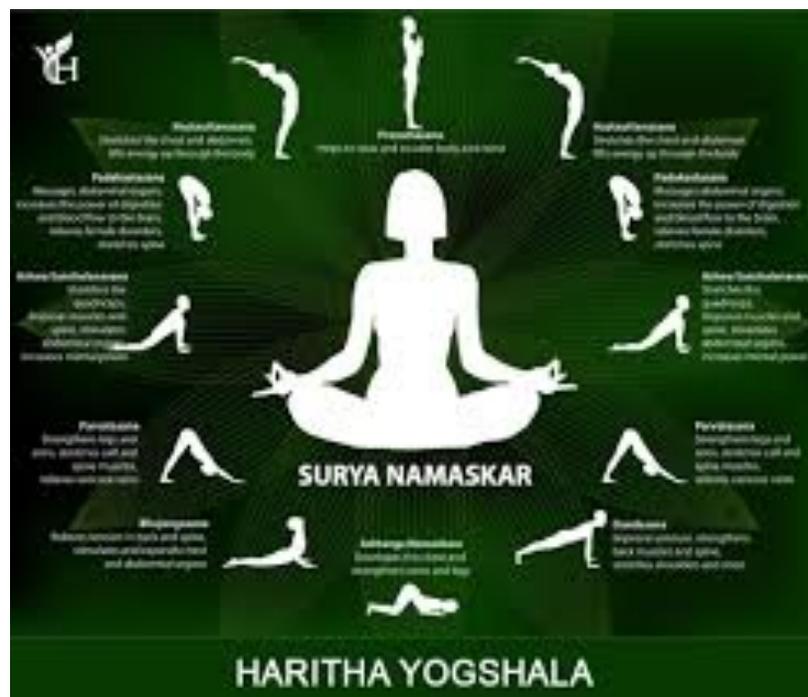
**Inaugural Address:** The Principal of Rajasthan College of Engineering delivered an inaugural address highlighting the significance of yoga in today's stressful world. He emphasized its role in promoting both physical health and mental clarity among students.

**Fruit Distribution:** Following the yoga session, fresh fruits were distributed among the participants as a gesture of promoting healthy eating habits. This initiative aimed to reinforce the importance of nutrition alongside physical exercise.

**Photo Session:** A group photo session marked the conclusion of the event, capturing the spirit of unity and well-being among the participants. Smiling faces and yoga poses adorned the snapshots, reflecting the positive energy of the morning.

**Conclusion:** The International Yoga Day celebration at Rajasthan College of Engineering was a resounding success, fostering a healthy and harmonious environment among students and faculty. The event not only promoted physical fitness through yoga but also encouraged mindfulness and stress reduction techniques essential for academic and personal growth.

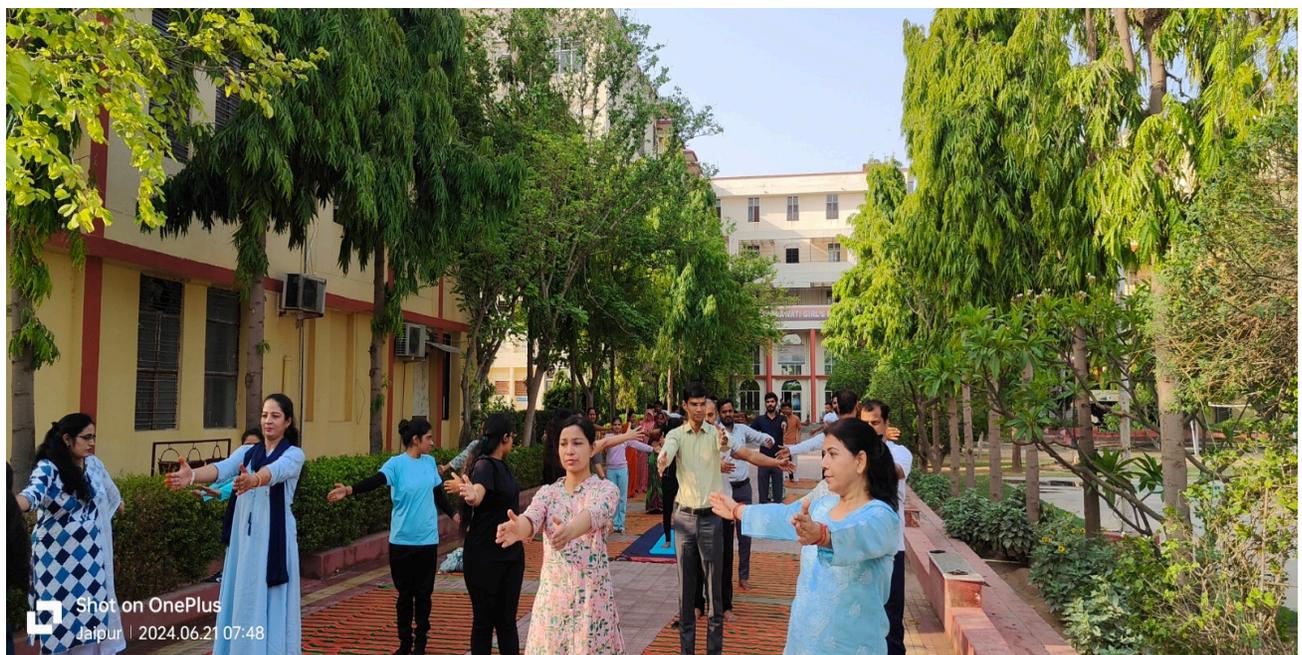
**Acknowledgments:** The organizers extended their gratitude to all participants, instructors, and staff whose efforts contributed to making the event memorable. The success of the event reaffirms the college's commitment to promoting holistic education and well-being among its community members.



**Future Outlook:** Looking ahead, Rajasthan College of Engineering aims to continue organizing such events to promote health awareness and foster a positive campus

environment. The success of today's celebration serves as inspiration for future endeavors in promoting yoga and well-being.

In conclusion, the International Yoga Day celebration at Rajasthan College of Engineering not only celebrated yoga as a discipline but also underscored the importance of health and wellness in academic life. The event encapsulated the spirit of unity and mindfulness, leaving a lasting impression on all participants.





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