



EVENT COMPLETION REPORT

International Day of Yoga 2025: Yoga for One Earth, One Health

Date: 21st June 2025

Time: 06:00 AM – 07:00 AM

Venue: Seminar Hall, PIMS College Building, Sai Tirupati University

Organised by: Venkateshwar Institute of Pharmacy, Umarda, Udaipur

1. Introduction

Venkateshwar Institute of Pharmacy observed the *International Day of Yoga 2025* on 21st June 2025, aligning with the global theme "*Yoga for One Earth, One Health*". The programme was organized as a structured institutional initiative aimed at promoting preventive healthcare, physical fitness, and mental well-being among students and faculty members.

In the present context of increasing lifestyle-related health concerns, Yoga serves as a scientifically validated practice for maintaining holistic health, emotional stability, and stress management. Recognizing its relevance, the institute undertook this initiative to encourage students—particularly those in healthcare-related disciplines—to adopt Yoga as a sustainable and preventive lifestyle practice.

The programme also aligned with national efforts to promote Yoga as a global wellness movement, reinforcing India's leadership in holistic health practices. Active participation from students and faculty reflected strong engagement and institutional commitment toward fostering a wellness-oriented academic environment.

2. Objectives

- To promote physical, mental, and emotional well-being through Yoga
- To encourage adoption of preventive healthcare practices among students
- To integrate Yoga into the lifestyle of pharmacy and health science learners
- To support national and global wellness initiatives
- To foster a campus culture of fitness, mindfulness, and discipline

3. Planning and Organization

- The event was planned and executed by the Institute, with advance notice circulation and logistical arrangements.
- The session commenced at 6:00 AM with a welcome address by Dr. Devendra Jain, Registrar, emphasizing the importance of Yoga in preventive healthcare.
- Dr. Chintan Doshi, Professor & Head (Pharmacology), conducted the Yoga session, which included:
 - Warm-up and loosening exercises
 - Structured Yoga Asanas for flexibility and posture
 - Pranayama techniques for respiratory efficiency and mental focus
 - Guided meditation for relaxation and stress reduction
- The session was conducted in a highly participatory manner, ensuring engagement from all attendees.
- As reflected in the photographs, participants actively performed Yoga practices in a group setting, indicating effective implementation and participation.

COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR

Principal
Venkateshwar Institute of Pharmacy
Ambua Road, Umarda, Udaipur (Raj.) 313015

4. Outcomes

- The programme witnessed participation of more than 80 students, faculty, and staff members, from Venkateshwar Institute of Pharmacy, demonstrating strong institutional involvement.
- The event successfully achieved its objectives by enhancing awareness regarding preventive health practices, physical fitness, and mental well-being. Participants gained practical understanding of Yoga techniques and their role in improving flexibility, posture, respiratory health, and stress management.
- The programme contributed significantly to promoting a wellness-oriented campus culture, encouraging participants to adopt Yoga as a regular lifestyle practice. It also enhanced student engagement and institutional bonding through collective participation in a health-focused activity.
- Positive feedback from participants reflected satisfaction with the quality of instruction and relevance of the session. Overall, the event effectively integrated health awareness with experiential learning, contributing to holistic development of students.

5. Conclusion

The *International Day of Yoga 2025* programme organized by Venkateshwar Institute of Pharmacy was successfully conducted and effectively fulfilled its objective of promoting holistic health, preventive care, and lifestyle discipline.

The initiative demonstrated that structured wellness programmes within academic institutions can significantly contribute to improving physical health, mental clarity, and stress management among students and faculty. The active participation and positive response highlight the effectiveness of the programme in fostering awareness and behavioural change.

The event also reinforced the importance of integrating Yoga into daily life, particularly for students in healthcare domains, where personal well-being is closely linked to professional effectiveness.

The successful execution reflects the institute's commitment to holistic education, student wellness, and community-oriented health promotion. Such initiatives play a vital role in developing balanced, mindful, and health-conscious individuals.

NOTICE

**VENKATESHWAR INSTITUTE OF PHARMACY,
UDAIPUR**

(A Unit of Sai Tirupati University, Udaipur)

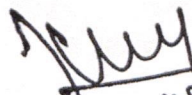
Date: 18/06/2025

NOTICE

All the students and staff members are hereby notified that International Yoga Day will be celebrated on 21st June 2025 (Saturday) at 6:00 am at Ground Hall, Pacific Institute of Medical Sciences, Umarda.

All the staff members and students are encouraged to participate and to promote the holistic benefits of Yoga for physical, mental, and spiritual well-being, as well as foster a healthy and sustainable lifestyle in line with the global initiatives promoting yoga and make this event a great success.

Note: A mass yoga demonstration will be organized on the International Day of Yoga itself. Participants are requested to wear comfortable clothing.


PRINCIPAL
Venkateshwar Institute of Pharmacy
Ambua Road, Umarda, Udaipur (Raj.) 313015

FLYER



VENKATESHWAR INSTITUTE OF PHARMACY

**Umarda, Udaipur
(A Unit of Sai Tirupati University)**

Celebrating

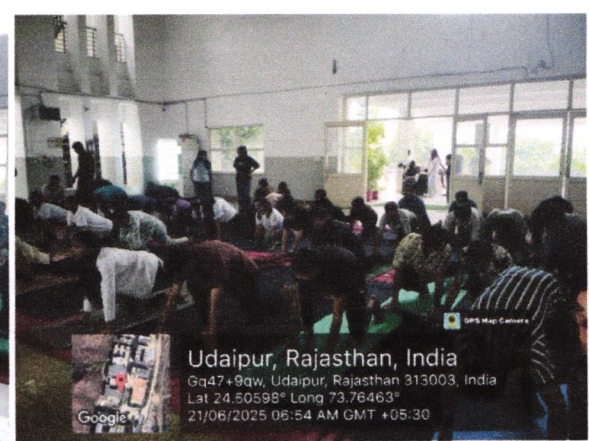
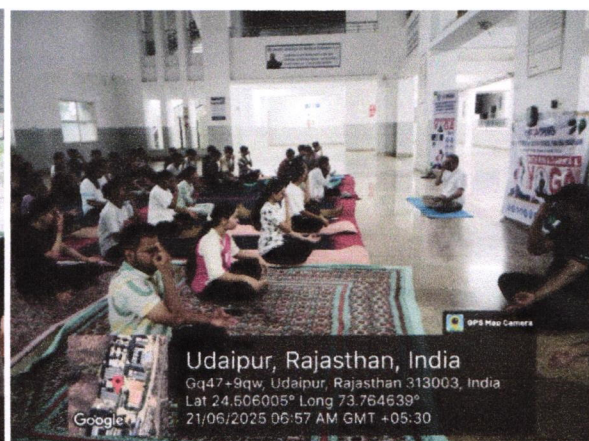
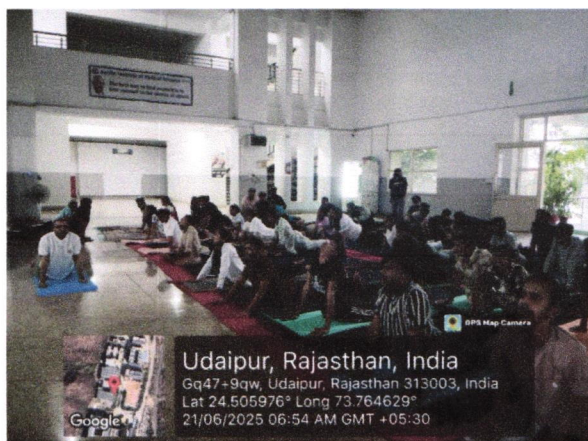
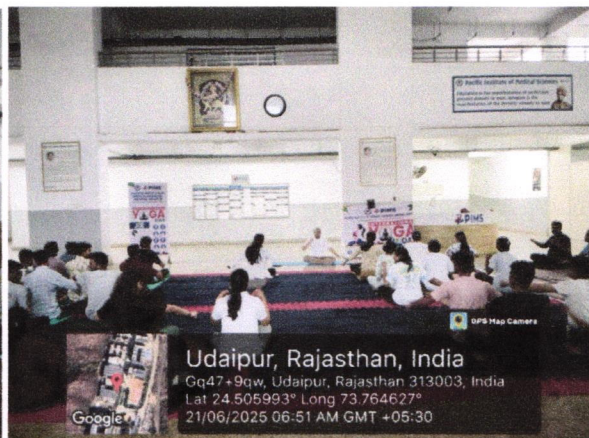
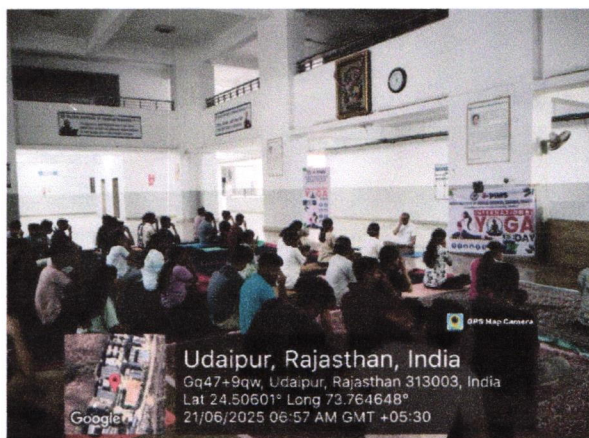
INTERNATIONAL YOGA DAY

On

21st June 2025, 6:00 AM

Venue: Ground Seminar Hall, Pacific Institute of Medical Sciences, Umarda

PHOTOGRAPHS OF EVENTS



[Signature]
Principal

Venkateshwar Institute of Pharmacy
Ambua Road, Umarda, Udaipur (Raj.) 313015