



Oriental Education Society's
Oriental College of Education & Research
UGC NCTE Approved, Affiliated to University of Mumbai,
(NCTE Code- 123016)
Adarsh Nagar, Andheri (W)
NAAC Accreditation 'B' Grade

Report of International Yoga day

"Yoga for One Earth, One Health"

11th International Yoga Day Celebration – 21st June 2025

Theme: "Yoga for One Earth, One Health"

Organized in Collaboration with: Oriental college of commerce and management and Brahma Kumaris

1. Introduction:

The **Oriental College of Education and Research (OCER)** successfully celebrated the **11th International Day of Yoga** on **21st June 2025** under the global theme "*Yoga for One Earth, One Health.*" The event was organized in collaboration with the **Brahma Kumaris spiritual organization**, reflecting the institution's commitment to promoting holistic health, emotional well-being, and global harmony through yoga.

2. Objectives of the Event:

- To commemorate the International Day of Yoga as per the UGC and NCTE guidelines.

- To raise awareness about the importance of yoga in enhancing physical, mental, and emotional health.
 - To provide hands-on experience in Pranayam, meditation, and stress-relief practices.
 - To collaborate with spiritual institutions for community-centered wellness education.
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3. Event Overview:

- **Date:** 21st June 2025
 - **Venue:** College Auditorium
 - **Time:** 10:00 AM to 11:30 AM
 - **Audience:** Faculty Members and B.Ed. Students
 - **Participants:** 50 B.Ed. students (First-Year and Second-Year) actively participated in the event.
 - **Mode:** Offline (On-campus)
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4. Flow of the Event:

- **Compère:** Asst. Prof. *Sanabano Shaikh*
The event began with a warm **welcome speech** highlighting the importance of International Yoga Day and its relevance in the contemporary world.

- **Resource Persons from Brahma Kumaris:**

- **BK Veena** – Practical Yoga and Stretching Exercises
- **BK Amrita** – Intellectual Exercises and Emotional Awareness
- **BK Bhavana** – Breathing Techniques and Meditation
- **Coordinator: BK Shekhar**

- **Felicitation Ceremony:**

Felicitation of the invited guests was conducted by **Dr. Priyanka Pandey (Principal, OCER)** and **Dr. Abdul Aziz Shaikh (Guest of Honour)**.

- **Words of Wisdom:**

Dr. Abdul Aziz Shaikh delivered an insightful talk focusing on:

- The rising concern of stress among youth
- The importance of concentration and improving attention span through yoga

- **Pranayam and Demonstration Session:**

- **Dr. Priyanka Pandey** led the **Pranayam session**, demonstrating various breathing techniques
- **BK Veena** guided participants through stretching exercises to improve flexibility and posture
- **BK Amrita** conducted exercises focusing on **intellectual relaxation** and **emotional clarity**, emphasizing how to detach from conditioned stress and reconnect with natural feelings

- **Closing and token of love (sweets)Distribution:**

After the yoga session, **Prasad was distributed** to all attendees

The program concluded with a **Vote of Thanks** by **Asst. Prof. Monica**, acknowledging the contributions of the Brahma Kumaris, faculty, and student participants.

5. Outcomes of the Event:

- Enhanced student awareness about **yoga as a preventive and promotive health practice**
 - Practical exposure to **Rajyoga meditation, breathing exercises**, and emotional regulation techniques
 - Strengthened college collaboration with spiritual and wellness institutions
 - Promoted stress-free teaching-learning culture aligned with NEP 2020 values
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6. Feedback and Reflection:

The session received **positive feedback** from students and faculty. Participants appreciated the **interactive approach**, the **clarity of instruction**, and the **calm environment** created by the facilitators. Many expressed a desire for regular yoga and mindfulness sessions as part of college life.