

Date: 21<sup>st</sup> June 2024

## A Report of Celebration of International Yoga Day – 21<sup>st</sup> June 2024

### Resource Person:

1. Dr. Jay Singh, Yoga Practicener & Convener-GL Bajaj Value Education Cell

**Event Date:** 21<sup>st</sup> June 2024

**Event Time:** 05:00am onwards

**Event Venue:** Sports/Open Ground GL Bajaj ITM

**Type & no. of Participants:** Faculty & Students, 57 Nos.

As nowadays we are so busy in our routine life where physical life is comfortable & mental life is laborious. We don't even have a few minutes to change our breathing pattern via yoga & pranayam, which reduces mental pressure and increases memory, willpower, confidence, buffer capacity, immunity, etc.

In this regard, an international Yoga Day was celebrated on 21<sup>st</sup> June 2024, 05:00am in the early morning at Sports/Open ground GL Bajaj ITM, where Yoga and Pranayam session were held to promote physical and mental well-being.

A good no. of students, staff members and faculty members, i.e., Prof. M.S. Naruka, Prof. Satyendra Sharma, have participated in Yoga and Pranayam sessions.





- Participants engaged in a series of gentle warm-up exercises to prepare the body for more intense physical activity.
- A number of yoga asanas and Pranayam were done and focused on flexibility, strength, and balance.
- Yoga Practicener Dr Jay Singh requested everyone to do Breathing exercise as one of best pranayama (breath control) techniques.
- The sessions concluded with a guided meditation to promote mental clarity and emotional well-being.
- Participants were encouraged to focus on their breath and cultivate a sense of inner calm.

#### Regards

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