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St. Xavier's College, Simdega

YOGA CLUB

Report: Celebration of the 12th International Yoga Day

Date: 21st June 2026

Time :- 8:00 AM – 10:00AM

Venue: St .Xavier's college ,Simdega ,new Campus Dhawaipani

Organized by: Yoga Club, under the aegis of IQAC

Objectives Of Yoga Day Exercises:

- To promote physical fitness, flexibility, and strength.
- To improve mental health by reducing stress and anxiety.
- To encourage a healthy and disciplined lifestyle.
- To increase awareness about the benefits of yoga for all age groups.
- To enhance concentration, emotional balance, and self-awareness.
- To prevent lifestyle-related diseases through regular yoga practice.
- To inspire people to make yoga a part of their daily routine.
- To promote harmony between the body, mind, and spirit.
- To encourage community participation in health and wellness activities.
- To spread the message of peace, unity, and holistic well-being through yoga.

Result Of Yoga Day 'S Exercise-:

- Improved physical fitness, flexibility, and body posture.
- Reduced stress, anxiety, and mental fatigue.
- Increased awareness about the importance of yoga for a healthy lifestyle.
- Enhanced concentration, self-discipline, and emotional well-being.
- Encouraged participants to adopt yoga as a daily habit.
- Promoted teamwork, unity, and community participation.
- Inspired participants to lead a healthier and more balanced life.
- Strengthened the message of preventive healthcare through regular yoga practice.
- Boosted confidence, positive thinking, and overall well-being.
- Fostered a culture of health, peace, and holistic wellness among participants.

30/06/2026
Professor-in-Charge
Yoga Club
St. Xavier's College, Simdega
(Affiliated to Ranchi University, Ranchi)
Jharkhand (INDIA)

Central Co-ordinator
Cells/Committees/Clubs
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On June 21st, the Yoga Club of St. Xavier's College, Simdega, celebrated the 12th International Yoga Day with great enthusiasm at the college's new campus in Dhawaipani. Organized under the guidance of the Internal Quality Assurance Cell (IQAC), the event aimed to promote physical and mental well-being among the youth.

The program was led by Teaching Assistant Prof. Roshan Kishor Gidh, with the active participation of 32 students. Addressing the gathering, Prof. Roshan spoke on the theme "Yoga for Healthy Ageing." He emphasized that yoga is a vital part of our ancient Indian culture, gifted to us by our rishi -muni through centuries of sacrifice and deep meditation. He encouraged students to embrace this heritage to maintain vitality throughout their lives.



During the session, students performed a variety of Yogaasanas, Pranayama, and Surya Namaskara under the guidance of Prof. Roshan. Several students, including Neelam Kumari, Natasha, Anup dungdung ,Ashish baxla ,Sanket kullu ,Harsh tigga ,Amisha Dungdung, and Rounak Kumari, stood out for their dedicated performance during the programme . Assistant Professor Dr. Nisha Rani Dhanwar participated in the event with full enthusiasm and energetic spirit, demonstrating strong support for the yoga initiative.

25/10/25

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Conclusion:

The 12th International Yoga Day celebration was a significant success, achieving its objectives of:

- Promoting yoga as a means to healthy aging
- Preserving and propagating India's ancient yoga tradition
- Encouraging regular yoga practice among students
- Fostering holistic health awareness



The event strengthened the college's commitment to holistic education and physical well-being, aligning perfectly with the institution's mission to develop well-rounded individuals.

Report prepared by

ROSHAN KISHOR GIDH

Date: 22/06/2026

Roshan K Gidh

30/10/2026

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