

# INTERNATIONAL YOGA DAY REPORT



**MAHARASHTRA EDUCATIONAL SOCIETY'S  
HUMERA KHAN COLLEGE OF EDUCATION  
OSHIWARA, JOGESHWARI (W), MUMBAI-400102  
NAAC ACCREDITED GRADE "B"**

**UNDER CULTURAL COMMITTEE**

**ORGANIZED**

**INTERNATIONAL  
YOGA DAY**

**"THE BODY BENEFITS FROM MOVEMENT, AND THE  
MIND BENEFITS FROM STILLNESS."**



**PRINCIPAL**

**DR. MASARRAT SAHEB ALI**

**ORGANIZING COMMITTEE:**

**DR. VARSHA MARU**

**DR. SANDHYA SARWADE**

**ASST. PROF. VIKAS YADAV**

**ASST. PROF. SHENAZ KHAN**

**RESOURCE PERSON**

**DR. AVANI KANAKIA**

**DATE: 21ST JUNE, 2025**

**TIME: 10:00 AM TO 11:00 AM**

**VENUE: HKCE CLASSROOM**

**VISION: SHAPING THE PUPIL TEACHERS TO SHOULDER THE  
RESPONSIBILITY OF SHAPING THE FUTURE YOUTH OF THE NATION.**

Date: 21st June 2025

Time: 9:30 AM – 10:30 AM

Venue: HKCE Classroom

## **Introduction**

Humera Khan College of Education, under the able leadership of its Cultural Committee, celebrated International Yoga Day on Saturday, 21st June 2025 with great enthusiasm and active participation from pupil teachers and faculty. The event was organized in the HKCE Classroom to promote the importance of yoga in achieving a balanced lifestyle, and to encourage future educators to integrate such practices into their personal and professional lives. With the theme, “The body benefits from movement, and the mind benefits from stillness,” the event aimed to enhance awareness about physical well-being, mental clarity, and emotional resilience through yogic practices. The presence of Principal Dr. Masarrat Saheb Ali ma’am and Resource Person Dr. Avani Kanakia Ma’am added depth to the program as they highlighted the cultural and scientific relevance of yoga in education and everyday life.

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## **Objectives**

- To educate pupil teachers about the holistic benefits of yoga for the body and mind.
  - To promote yoga as a lifestyle discipline that contributes to stress management and overall health.
  - To foster a spirit of unity, mindfulness, and self-awareness among students.
  - To help participants experience the therapeutic impact of yoga through direct participation.
  - To prepare pupil teachers to carry forward the philosophy of wellness into future educational settings.
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## **Significance**

International Yoga Day is a globally celebrated occasion that brings attention to India’s ancient wellness traditions and their relevance in the modern world. For pupil teachers, the event holds special significance as it equips them with tools for physical fitness, emotional intelligence, and classroom mindfulness. Celebrating such a day in an academic environment helps integrate values like discipline, patience, and positivity into teacher training. It also encourages educators

to model self-care and introduce yoga-based interventions in their future classrooms. By participating in this event, students not only connect with India's cultural roots but also take steps toward becoming more balanced, resilient, and effective educators.

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## **Content**

The International Yoga Day celebration commenced at 9:30 AM with a warm welcome and an insightful introduction by Lubna, who provided an overview of the day's purpose and schedule. She emphasized the value of yoga in building a calm and focused life, especially for teachers who are future mentors and leaders. Following the introduction, all participants engaged in a 5-minute warm-up session. This segment included light stretches and breathing exercises, preparing the body and mind for the asanas to follow. The warm-up created an energizing atmosphere and set a positive tone for the session ahead.

The main session focused on Asanas, lasting 25 minutes, and was divided into four categories: Standing, Sitting, Front Lie Down, and Back Lie Down postures. The Standing Poses were demonstrated by Rukaiya Shama and Aiman, who gracefully performed the Tree Pose (Vrikshasana) and the Warrior Pose (Virabhadrasana). These postures enhanced stability, leg strength, and mental focus, serving as grounding exercises to begin the practice. Next, the Sitting Poses were led by Lubna, Rabiya, and Rukaiya, who showcased Chakki Asana, a circular seated posture that improves abdominal strength, and Vakrasana, a spinal twist known for enhancing flexibility and stimulating the internal organs.

The transition to Front Lie Down Poses brought attention to the spinal and lower back muscles. Lubna and Rukaiya performed the Cobra Pose (Bhujangasana), known for strengthening the spine and opening the heart, and the Grasshopper Pose (Salabhasana), which tones the back and gluteal muscles. This was followed by the Back Lie Down Poses, presented by Sadiya and Rukaiya, who performed the Fish Pose (Matsyasana)—beneficial for the neck and thyroid—and the Bridge Pose (Setu Bandhasana), which strengthens the legs, spine, and chest.

After the asana session, the program smoothly progressed into Pranayama, a series of breathing exercises that lasted 15 minutes. Rukaiya, Aiman, Rabiya, and Sadiya demonstrated key techniques including Anulom Vilom, Chandrabhedhi, Kapalbhata, Bhastrika, Sitli, and Sitkari. These exercises helped regulate breathing, calm the mind, and boost inner clarity. Participants followed along with focus, experiencing the meditative power of controlled breathwork.

Two brief yet informative wellness talks followed. Sidra Shaikh delivered a 2-minute talk on Healthy Diet, highlighting the importance of nutrition and lifestyle in enhancing yoga's benefits. Dr. Avani Kanakia Ma'am then presented a 3-minute Facial Talk, sharing tips on natural facial exercises, yoga techniques for skin health, and the stress-relieving effects of facial yoga—adding a refreshing and modern wellness perspective to the program.

The event then transitioned into a peaceful 5-minute guided meditation session, conducted by Aqsa, who led the group through a calming visualization and breathing exercise. Her steady

voice and meditative guidance allowed participants to enter a state of stillness and reflection. The soft silence in the room fostered a deep sense of tranquility, reinforcing the event's theme.

The celebration concluded with a 2-minute closing note by Aiman, who expressed gratitude to all participants, the organizing team, the principal, and faculty. She acknowledged the collective effort put into the event and encouraged everyone to adopt yoga not just for a day, but as a way of life. The session ended on a high note, leaving behind a sense of unity, wellness, and inspiration among all attendees.

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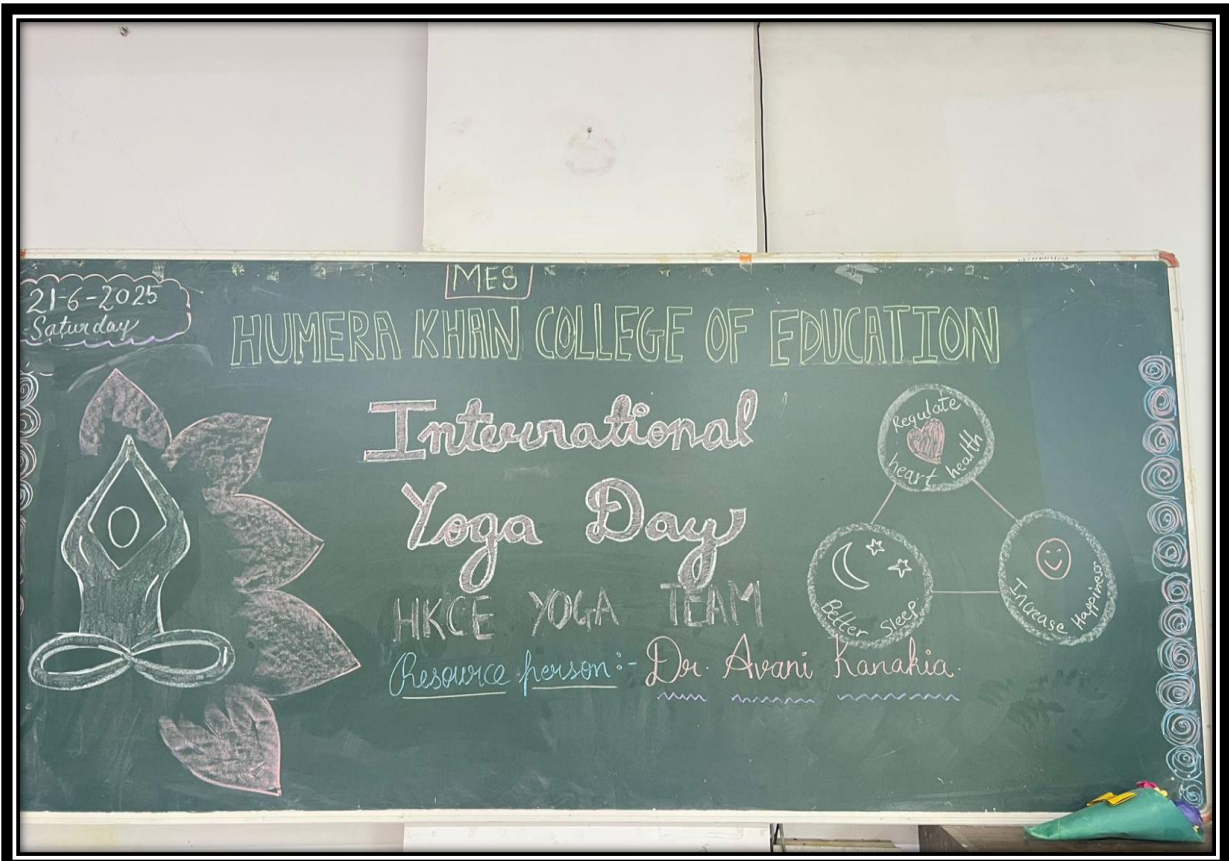
### **Learning Outcomes**

The celebration of International Yoga Day at Humera Khan College of Education offered pupil teachers an immersive experience into the ancient science of yoga. Students gained firsthand exposure to a wide range of asanas and breathing techniques, enabling them to better understand how yoga can promote physical strength, mental peace, and emotional regulation. They learned how consistent yoga practice can enhance flexibility, posture, lung capacity, and overall stamina—skills that directly support a healthy teaching lifestyle. Furthermore, the calmness and clarity that came through meditation helped participants experience mindfulness and self-awareness on a deeper level.

In addition to the health benefits, the event significantly contributed to the professional development of the student-teachers. By actively leading, performing, and explaining different components of the program, they improved their presentation and leadership skills. The experience of guiding a group, working collaboratively, managing time, and maintaining stage presence in front of peers and mentors helped them develop confidence and communication skills. This holistic participation equipped them not only as healthier individuals but also as future educators who are culturally aware, emotionally resilient, and ready to foster wellness in their own classrooms.

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### **Photographs**





WARM UP ACTIVITY, STANDING POSE, SURYANAMASKAR





**PRANAYAMA, PRONE POSE, MUDRA, MEDITATION**





SITTING POSE





**YOGA CERTIFICATES**

