




**Swarnnim Startup & Innovation University
Activity Report 2025**

Institute / Department	Swarnnim Startup & Innovation University
Activity /	11th INTERNATIONAL YOGA DAY CELEBRATION & COMPETITION
Date of the event	21/06/2025
Duration	1 hrs
Location	SSIU Aarihant Homoeopathic Medical College and Research Institute
Participant's Branch/Institutes	Homoeopathy
Total Number of Participants	120
Full Name of Mentor/Principal with designation	Prof. Dr. Amita V. Peter Principal
Faculty Coordinator Details (Name, Designation, Contact Details)	Dr Lalita Chahar (PGDYO) Yoga Instructor Department of Yoga Dr Reena solanki Associate Professor Department of Organon of Medicine Dr. Priyanka chauhan Assistant Professor Department of Physiology




 Principal
 Aarihant Homoeopathic Medical College
 Bhojan Rathod, Gandhinagar



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Objective of the event:

The objective of this event is Demonstration of benefit of Yoga towards individual health and well being mentally as well as physically on International Yoga Day compition.

The Aim and Objective:-

1. Maintaining Mental and physical Health by Yoga practice.
2. Promote & encourage about Benifits of practising Yoga on daily basis.
3. Maintaining Relationship Between individual health And social health.
4. arrangement of compition of different asana or mudra and encourage them.
5. By given theme "one earth one Health" Maintaining Relationship Between nature and individual physical Health

Flow of Event:

At 9:30am we came to college and gathered.

At 10 am we had started yoga celebration with primary Instructions given by yoga instrucor.

After warn up we had selected Some asanaas for compition purpose.

We had started competition Asanas Selected for competition on 10:45

At 11:45 a.m. small speech given by Lalita Chahar about importance of Yoga In Daily life.

Till 12 PM we have Partecipance with asana and Completed Yoga celebration with declaration of winner and end up this event with facilitation.

Significance/Outcome:

Awareness Regarding Physical health and mental helath and benefits of Yoga I. Day to day life.

- Awareness of Benefits of yoga
- Total 120 people had participated in 11th International yoga day.
- By doing participation on this even they have taken first steps towards maintainig of Healthy life style.
- These event will being helpful to maintain Mental and physical Health by perusing advantages of Yoga.

Conclusion

11th YOGA INTERNATIONAL DAY CELEBRATION was about awareness of health mentally as well as physically which will beneficial to our society. The theme of yoga day celebration was "one earth one





Health “ means maintaining Relationship Between nature and particular people's health. It is necessary to spread awareness regarding be Benefits of Yoga in their day to day Activity it should be part of our life.

By conduction this competition along with international yoga day student can encourage to each other by participating in such type of event forward for this event and participate.

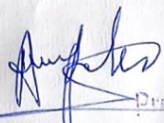
REMARKS :-

Name of winner

- 1) Dr. Vineeta
- 2) Vrusti Modi
- 3) Nikita Parmar






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