

Event Report: International Yoga Day Celebration 2025



LJIEM X LJKU IQAC

Celebrates

**International
Yoga Day**

**21st June, 2025
7:00 AM to 9:00 AM**

Venue: Open Air Auditorium

Register Now

CALL: 9328 1151 18

Organized by: - LJ Institute of Event Management in collaboration with IQAC – Lok Jagruti Kendra University

Date and Time: - 21st June 2025, 7:00 AM to 9:00 AM

Venue: - Open Air Theatre, LJ University Campus

No. of Student Participants: - 74

No. of Admin Staff, Faculties and Directors: 32

Objective of the Event: - The International Yoga Day celebration aimed to promote yoga as a holistic approach to mental, physical, and emotional well-being. The event emphasized practical application and inclusivity, encouraging participants of all backgrounds to experience the benefits of yoga under expert guidance.



As NEP 2020 recognizes that education should encompass more than academics, Yoga contributed to the development of moral values, social ethics and a sense of responsibility towards oneself and the society. The event was graced by Mr. Jaswant Chaudhary, Vice President of Pharmacy Council of India.



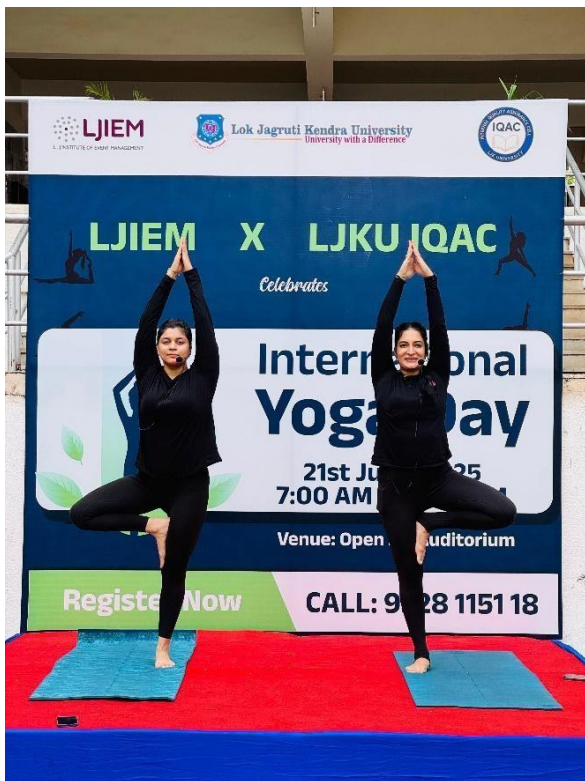
Instructors: -

1. Neha Batra - LJ Alumni

Reebok Fitness Coach and Certified Yoga Teacher
Conducted a dynamic and empowering yoga session

2. Mahek Desai: - LJ Alumni

Internationally Certified Yoga Teacher, Led a calming and therapeutic chair yoga session



Event Highlights & Sessions: -

The Warrior Flow: - Time: 7:00 AM to 8:00 AM

Instructor: Neha Batra



Details:

The session began with a motivational theme encouraging participants to face life's challenges with strength and resilience. Neha led an energetic session filled with powerful flow movements aimed at boosting stamina, mental focus, and flexibility.

Theme Verse:

"Times were tough, and so we needed to be—not sit as a sulker, but fight as a warrior."

Chair Yoga Session



Time: 8:00 AM to 9:00 AM

Instructor: Mahek Desai

Details:

This session catered especially to working professionals and students with sedentary lifestyles. It included accessible poses that could be practiced while sitting on a chair, targeting neck stiffness, back pain, and poor posture.

Theme:

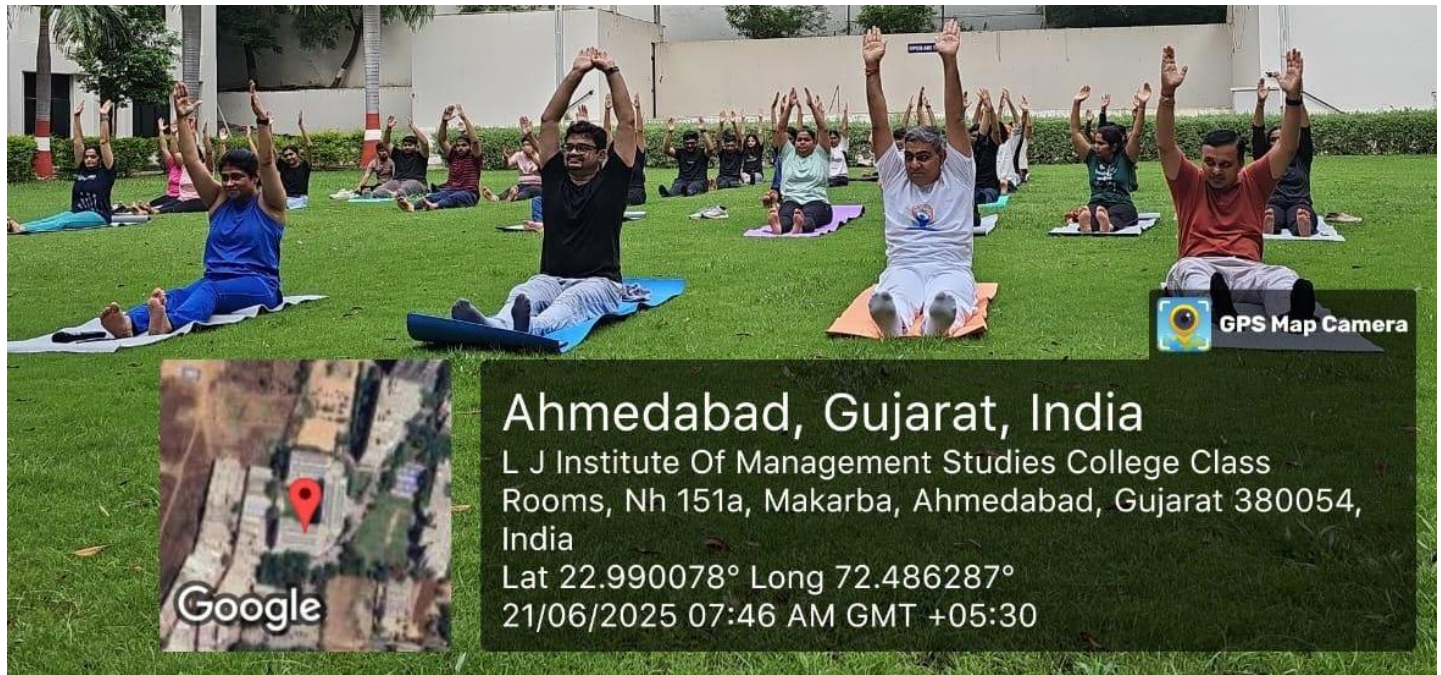
"Busy minds and stiff necks were tackled as participants improved while they learned. Yoga was brought to the desk space of LJ."

The message "Yoga se hoga" echoed throughout the event, emphasizing how yoga can transform daily life with mindful practice and self-care.

Participation:



The event witnessed enthusiastic participation from students, faculty members, and staff across LJ University.



The energy at the Open Air Theatre was vibrant, with the attendees joining in with mats and excitement. Both sessions received encouraging feedback and active involvement.

Promotional Activities:

Prior to the event, awareness was created through:

- Social media promotions
- Poster campaigns across campus
- WhatsApp invitations
- Departmental circulars and announcements
- LJ Radio 90.8 broadcast -

https://www.instagram.com/reel/DLFS_dRI46s/?igsh=MWppYWtucnQ0a3ZhNw==

Key Takeaways:

- Enhanced awareness of yoga as a sustainable practice for stress management and physical wellness
- Participants experienced improved focus and relaxation through guided sessions
- The event promoted a sense of community and wellness culture within the university

The International Yoga Day celebration at LJ University, organized by LJIEM in association with LJKU IQAC, successfully fulfilled its objective of promoting holistic health and mindfulness. The combination of empowering flow yoga and practical chair yoga catered to all levels of participants, leaving a lasting impression. The dedication of the organizing team, expert instructors, and enthusiastic participants ensured the event was not just an activity—but a step towards a healthier lifestyle.



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Venue: Open Air Auditorium

Times are tough, And so we need to be, Not sit as a sulker, But fight as a warrior
Presenting for the first time

**The Warrior Flow**
7:00 AM to 8:00 AM

Busy Minds & busy schedules
Some deadlines and Stiff Necks.
Knees crack & back hurts . Tackle while you work . Improve as you learn
The office of LJ ; rejoice as we are set to improve your posture and help you deal with sore bodies

**Chair Yoga session**
8:00 AM to 9:00 AM

We don't celebrate yoga day for good WhatsApp stories, we actually want to make some difference
Join us and we shall have a better life, Because as they say

"Yoga se hoga"



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**Neha Batra**
Reebok Fitness Coach
and Certified Yoga
Teacher

**Mahek Desai**
Internationally
Certified Yoga
Teacher

Register Now**CALL: 9328 1151 18**

LJ INSTITUTE OF EVENT MANAGEMENT

SEMESTER - 1

DATE : 21/06/2025

INTERNATIONAL YOGA DAY

VENUE : OPEN AIR AUDITORIUM

TIMING : 07:00 AM TO 09:00 AM

SR. NO.	STUDENT NAME	SIGNATURE	SR. NO.	STUDENT NAME	SIGNATURE
1	BANSI DANGAR	<i>Bansi</i>	21	PANCHAL ARYAN SURESHKUMAR	<i>Aryan</i>
2	DAKSHIT PETHANI	<i>Daksh</i>	22	PARMAR PIYUSH JAYNTIBHAI	<i>AB</i>
3	DEVARSH SHAILESHBHAI RANA	<i>D</i>	23	PATEL BIREN VIPEEN	<i>Biren</i>
4	DHOLA NIV VIJAYBHAI	<i>Niv</i>	24	PATEL HET DUSHYANTKUMAR	<i>Het</i>
5	DOMADIA KRISH ASHWINBHAI	<i>Dom</i>	25	PATEL MANN PIYUSHBHAI	<i>AB</i>
6	GAGLANI JANHAVI MADHAVRAJ	<i>Jan</i>	26	PATEL MANN PIYUSHBHAI	<i>Mann</i>
7	GAUTAM KESHAV PANKAJBHAI	<i>Kesh</i>	27	PATEL NUPUR JATINBHAI	<i>Nupur</i>
8	GOHIL DAKSH PRAFULBHAI	<i>Dak</i>	28	PATEL PREET ALPESH	<i>AB</i>
9	GONDALIYA RIDHAM NARESHBHAI	<i>AB</i>	29	PRADHUMAN AJMERA	<i>AB</i>
10	GUPTA VANDANA VINODKUMAR	<i>Vand</i>	30	PRAJAPATI SUJIT DARGARAM	<i>AB</i>
11	HIMADRI CHITARA	<i>AB</i>	31	RADADIYA BHUMIT PRADIPBHAI	<i>R</i>
12	ISHAN SANJAYBHAI KOTAK	<i>AB</i>	32	RAMI SAUMY HITESHKUMAR	<i>Sa</i>
13	KAPADIYA VIHAAN LALITKUMAR	<i>AB</i>	33	SAMNANI SHANUM SULTAN	<i>Sham</i>
14	KATHROTIYA RADHIKA HAREWSHBHAI	<i>AB</i>	34	SHAH YASH RUPESHKUMAR	<i>AB</i>
15	MANJARIYA AARADHANA JAYRAJBHAI	<i>AB</i>	35	SHAIKH MO BILAL MO HARUN	<i>AB</i>
16	MODI ARYAN RAJNIKANT	<i>AB</i>	36	SHAIKH MOHAMMED MAHIR ABDULREHMAN	<i>AB</i>
17	MODI KRISHNA AMITKUMAR	<i>Amit</i>	37	SHARMA PULKIT MADANMOHAN	<i>Pulkit</i>
18	MORVADIYA SMIT PARVINBHAI	<i>Smit</i>	38	SHETH YUG MINESHBHAI	<i>AB</i>
19	MOTANI KRISHA SAMIRBHAI	<i>Krish</i>	39	SHIVANSH CHOUDHARY	<i>AB</i>
20	NASIT SHRESHTH SANJAYBHAI	<i>Nasit</i>	40	SHLOKA JIGNESH VYAS	<i>AB</i>
			41	THAKKAR DEVARSH RAJESHKUMAR	<i>AB</i>
				JOSHI KHUSHAL PREMESHANKAR	<i>AB</i>

TOTAL PRESENT STUDENTS : 24

TOTAL ABSENT STUDENTS : 17

TOTAL CANCEL STUDENTS : -

TOTAL STUDENTS : 41

FACULTY SIGNATURE : *Binoi shah*

FACULTY NAME : Binoi shah

DATE : 21/06/2025

INTERNATIONAL YOGA DAY

VENUE : OPEN AIR AUDITORIUM

TIMING : 07:00 AM TO 09:00 AM

ENROLLMENT NO.	STUDENT NAME	SIGNATURE	ENROLLMENT NO.	STUDENT NAME	SIGNATURE
24017113810001	AADITYA KSHATRIYA	AB	24017113810032	PARYANI PARTH JAGDISH	AB
24017113810002	AGRAWAL MEETKUMAR DILIPBHAI	meat	24017113810034	PATEL OM NILESHKUMAR	AB
24017113810003	ANCHAL PARESHKUMAR PATEL	AB	24017113810035	PATEL YASH KAMLESHBHAI	AB
24017113810004	ARAB MO MAAZ MO RIYAZBHAI	AB	24017113810036	PATEL RUSHI DILIPBHAI	Rushi
24017113810005	BELDAR VISHNUBHAI CHANDUBHAI	Vishnu	24017113810037	PATOUYA TISHA HARESHBHAI	Tisha
24017113810006	BELIM MOHAMMAD MAHIR BHIKHUMIYA	Belim	24017113810038	PRAJAPATI BHUMI KESHAYBHAI	Bhumi
24017113810007	BHOJANI SAHIL ABBAS ARIF ALI	AB	24017113810039	PRAJAPATI CHARMY PANKAJBHAI	AB
24017113810008	CHHABRIA VARUN VINOD	Varun	24017113810040	PRAJAPATI JAY PREMAJIBHAI	AB
24017113810009	DILAN VARSANI	Varun	24017113810041	PRAJAPATI MAYANKKUMAR GIRISHBHAI	AB
24017113810010	FOFANDI DIYA MAHENDRA	Diya	24017113810042	RANPARA DISHAN JIGNESHBHAI	AB
24017113810011	GOJIYA SANJANA	Sanjana	24017113810043	RAVAL RAJ DEVENDRABHAI	AB
24017113810012	GURSHARN SINGH SIDHU	Gursharn	24017113810044	RAWAL RUDRA NARESHBHAI	AB
24017113810013	HIMANI KRISH JIMIT	Krish	24017113810045	SABHAYA PRINCE JAYESHBHAI	AB
24017113810014	JANYANI YASH	Yash	24017113810046	SAKARIYA VARUN RAHULBHAI	Varun
24017113810015	JASPREET SINGH SANDHU	AB	24017113810047	SAVALIYA MEET BHARATKUMAR	AB
24017113810016	JAYSWAL DHARM SANJAYKUMAR	Dharm	24017113810048	SHAH IJBEDA KHATUN TAHUWERALI	AB
24017113810017	JAYSWAL VED MANOJKUMAR	Ved	24017113810049	SHAIKH M ZIDAN INAYAT HUSSAIN	AB
24017113810018	KADIA SHUBHAM AJAYKUMAR	AB	24017113810050	SHAIKH ABDULAZIM ALIAZAHMED	AB
24017113810019	KADRI MOHAMMAD MUHIB	AB	24017113810051	SINDHAV HIMESH RATILAL	AB
24017113810021	KARNAVAT PURVANSHI PANKAJ	AB	24017113810052	SINGLA HIYA MUNISH	Hiya
24017113810022	KHATRI JIYA VINOD	AB	24017113810053	SONALA AKASH PRAVINBHAI	AB
24017113810023	KUNJ SHAILESHBHAI KYADA	AB	24017113810054	THAKKAR DHIRUVI ANKIT	Dhiruv
24017113810024	LABBEK KALIMULLAH MOHAMMED NAZIR	LABBEK	24017113810055	VAGHELA OMKARSINH SANDIPSINH	AB
24017113810025	MAHI GAGANDEEP PALJITSINGH	MAHI	24017113810056	VARTEJI FARHATZEHRA GULAM HAIDER	AB
24017113810026	MALI SHAILESH NARANBHAI	AB	24017113810057	VASWANI SUJAL RADHAKISHAN	AB
24017113810027	MOHNAT HONEYKUMARI HITESHBHAI	AB	24017113810058	VYAS TITHI UTTAMKUMAR	AB
24017113810028	NINAMA SURYAPRAKASH JAYESHKUMAR	AB	24017113810059	YADAV PRATHAM ANIL	CANCEL
24017113810029	PANDEY DEV VIJAYPRAKASH	AB	24017113810060	YASH DINESH CHOUDHARY	AB
24017113810030	PANDYA ISHA CHETANKUMAR	AB	22010203510004	PATEL DAKSH	AB
24017113810031	PAREKH PRACHI TEJALKUMAR	Prachi	22010203510007	KARAN ACHARYA	AB

TOTAL PRESENT STUDENTS : 27

TOTAL ABSENT STUDENTS : 33

TOTAL CANCEL STUDENTS : 01

TOTAL STUDENTS : 62

FACULTY SIGNATURE : Anil

FACULTY NAME : Anurag Kumar

ROLL NO.	ENROLLMENT NO.	STUDENT NAME	SIGNATURE	ROLL NO.	ENROLLMENT NO.	STUDENT NAME	SIGNATURE
1	23017113810001	THAKK KALUSHI HITESH	AB	26	23017113810026	YADAV SAAKSHI VIJAYVEER	Saakshi
2	23017113810002	BHATT VRAJ SAGARKUMAR	Vraj	27	23017113810027	SADJA RAM	CANCEL
3	23017113810003	KARIA KRUPA NILESH	AB	28	23017113810028	SINGH ARYAN BRUESHKUMAR	AB
4	23017113810004	RIDDHAM MAOLANI	AB	29	23017113810029	GOHIL ZALABEN GRISHBHAI	CANCEL
5	23017113810005	MIRCHANDANI DHWANI SURESH	AB	30	23017113810030	SHAH PANKTI HETALKUMAR	Pankti
6	23017113810006	BHADYADRA VANSH PIVUSHBHAI	Van	31	23017113810031	SHEKH MOHAMMAD GAUSHIYA RASIMKIYA	Mohammad
7	23017113810007	CHRISTIAN NEVIL PIVUSHBHAI	AB	32	23017113810032	EZHAVA SREYAS ASHOKAN	AB
8	23017113810008	VELERA ARYAN YOGESHKUMAR	AB	33	23017113810033	ARYA JEEL PARESHKUMAR	AB
9	23017113810009	SALAR SAHIDAKHATARBHAI JAVEDBHAI	AB	34	23017113810034	YADAV SHUBHAM MANOJKUMAR	Shubham
10	23017113810010	CHUNARA NAZIB CHIRAG	CANCEL	35	23017113810035	KHATRI ABDULMON AYUB	AB
11	23017113810011	AHERWAL Nihal RATILALBHAI	Nihal	36	23017113810036	DAVE JEETKUMAR SUNILBHAI	Jeet
12	23017113810012	PATEL CHARM MITESSHIBHAI	Charm	37	23017113810037	CHAVDA PARAM DIPAK	CANCEL
13	23017113810013	SHRINE SUNNY	Sunny	38	23017113810038	BHATT PRIYANSHI JIGNESH	CANCEL
14	23017113810014	VEDANT ASHWIN PATEL	AB	39	23017113810039	MAKHWANA MEET DHIRUBHAI	CANCEL
15	23017113810015	CHANDARANA TILAK PRAFUL	AB	40	23017113810040	RAMCHANDRA RAJPUROHIT	CANCEL
16	23017113810016	PRAJAPATI HASVI PRABODHKUMAR	Hasvi	41	23017113810041	DULERA PARTH JAYANTBHAI	AB
17	23017113810017	NIYATAR ZEEL YASINBHAI	Zeel	42	23017113810042	BELA ANAND VIKRAM	AB
18	23017113810018	SHAKH MOHAMMED TEHZEER ASIF	CANCEL	43	23017113810043	KASINDRA DHIRUV PANKAJBHAI	Dhruv
19	23017113810019	VAGOTRA AMANDEEPSINGH PALVINDERSINGH	AB	44	23017113810044	AMIN LUAMNI NILESHBHAI	Amin
20	23017113810020	UNADKAT SHYAMAL SANDIPBHAI	AB	45	23017113810045	JITENDRA RAJESH LACHHANI	Rajesh
21	23017113810021	MOMIN TOFIKAHEMAD HUSEVALI	AB	46	23017113810046	SIDDQUI AYAAAN WARISREHAN	Waris
22	23017113810022	TELI MAHIR OAHIDBHAI	Nihal	47	23017113810047	KEVAN KHONA	Kavan
23	23017113810023	MAU VINEETHA	Vineetha	48	23017113810048	CHHIPA SUHEM BSAHIM	CANCEL
24	23017113810024	MOMIN NISARAHEMAD HABIBBHAI	AB	49	23017113810049	MODAN TAHRIR ISMAILBHAI	AB
25	23017113810025	MAKHWANA JAYESH BHARATBHAI	CANCEL	50	23017113810050	MEHUL GEHLOT	Mehul
				51	23017113810051	NEEL MENDHA	AB

TOTAL PRESENT STUDENTS : 26

TOTAL ABSENT STUDENTS : 15

TOTAL CANCEL STUDENTS : 10

TOTAL STUDENTS : 51

FACULTY SIGNATURE : Jay Shukla

FACULTY NAME : Jay Shukla