



## Swarnim Startup & Innovation University Activity Report 2024

<b>Institute / Department</b>	<b>AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE</b>
<b>Activity / Event Name</b>	Yoga Day
<b>Date of the event</b>	21/06/2024
<b>Duration</b>	1 hours
<b>Location</b>	Swarnim Front Lawn, Swarnim Startup and Innovation University
<b>Participant's Branch/Institutes</b>	Homoeopathy
<b>Total Number of Participants</b>	63 students and 20 Faculties
<b>Full Name of Mentor/Principal with designation</b>	<b>Prof. Dr. Amita V. Peter</b> Principal
<b>Full Name of Speaker / Guest with designation</b>	NA
<b>Faculty Coordinator Details (Name, Designation, Contact Details)</b>	All Faculties.
<b>Student Coordinator Details (If any)</b>	NA

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**Objective of the event:**



- To spread awareness regarding the adoption of healthy lifestyle wrt YOGA.
- To promote this year theme- “Yoga for Self and Society,” which prioritizes the physical and mental well-being of the community
- The resolution notes “the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health.”

#### **Flow of Event:**

- **At 9:30 am lamp lightening with mantras.**
- **At 9:40 am started yoga session**
- **At 10:20 am ended yoga session.**
- **Closure speech by Principal -Dr. Amita V. Peter addressing importance of yoga.**
- **At 10:30 program ended.**

#### **Significance/Outcome:**

- Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment.
- It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives.

#### **Quote / Comment**

- Quote by Dr Amita V Peter, Principal from the famous book The Bhagwad Gita- Yoga is the journey of the self, through the self, to the self.”

#### **Conclusion**

- **Very well coordinated and executed Yoga event.**
- **Every faculty and students attended it with full interest and enthusiasm.**
- **Students and faculties practiced few basic yoga exercises.**
- **Everyone learnt the importance of Yoga in current lifestyle.**

**Photographs:** attached in mail.