

GIET UNIVERSITY, GUNUPUR

Report on Observation of International Yoga Day Celebration Date: 21st June 2025

Venue: Yoga Center, GIET University

Time: 6:45 AM.

Introduction:

The **International Yoga Day** was celebrated at **GIET University, Gunupur** on **21st June 2026** with great enthusiasm, highlighting the importance of yoga for a healthy and balanced life. The event witnessed 60 active participations from students, faculty, and staff.

Dignitaries Present:

The event was graced by the presence of the following esteemed dignitaries:

- **Dr. K. Murali Gopal, Principal, SoET**
- **Prof. Ranjit Panigrahi**
- **Prof. Santosh Kumar Bindhani**
- **Prof. Asish Tiwari**

All dignitaries addressed the gathering and shared their valuable insights on the importance of yoga in modern life. They motivated the participants to make yoga a part of their everyday routine for overall well-being.

Program Highlights:

The program commenced at **6:45 AM.** at the **Yoga Center, GIET University.**

The event was **coordinated by Prof. Ranjit Panigrahi.**

The yoga session was conducted under the expert guidance of **Mr. Ananta Kumar Panda**, Yoga Instructor of the University. A wide range of **yoga asanas, pranayamas, and relaxation techniques** were demonstrated and practiced. The session encouraged mindfulness, physical fitness, and inner peace among the participants.

Conclusion:

The celebration of International Yoga Day at GIET University was a grand success. It created awareness about the immense benefits of yoga and encouraged all attendees to adopt it as a way of life. The NSS Unit extends heartfelt gratitude to the dignitaries, yoga instructor, faculty members, and students for their enthusiastic participation and support.

