



NAAC Accredited Institution
KINGS
COLLEGE OF ENGINEERING
AUTONOMOUS



Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai

“Yoga For One Earth, One Health”

International **YOGA Day**



21st June, 2025

Namaskar!

Ready to feel stronger, calmer, and more focused?

Let's learn 5 simple and powerful Yoga Asanas with us — MY Bharat Volunteers!

Together

Format: 2 youth per asana – one performs, one explains

Background music: Upbeat instrumental or soft Indian fusion (will add in editing)

1. Surya Namaskar (Sun Salutation)

[Performer starts flowing into the Surya Namaskar sequence]

Narrator:

Start your day with energy! Surya Namaskar boosts blood circulation, sharpens focus, and improves metabolism.

2. Vrikshasana (Tree Pose)

[Performer stands in Tree Pose, hands in namaste]

Narrator:

Stay grounded and balanced! Vrikshasana helps improve posture, strengthens legs, and builds concentration.

3. Bhujangasana (Cobra Pose)

[Performer lies on stomach, then lifts chest into cobra]

Narrator:

Feeling tired from long screen time? Bhujangasana stretches the spine, opens the chest, and boosts mood. Great for back pain relief too!

4. Warrior Pose (Virabhadrasana)

[Performer stands with legs wide, one knee bent, arms stretched out, gazing over front hand]

Narrator:

Stand tall like a warrior! This pose builds strength in your legs and arms, improves balance, and fills you with focus and confidence.

5. Anulom Vilom (Alternate Nostril Breathing)

[Performer calmly sits, doing Anulom Vilom]

Narrator:

Calm the chaos. Just a few minutes of Anulom Vilom reduces stress, clears the mind, and enhances focus.

❖ Final Line (Together):

"Stay fit. Stay focused – the Yoga way!

#YogaForOneEarthOneHealth



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REPORT

23.06.2025

As per the direction of **Ministry of Youth Affairs & Sports, Government of India**, On **June 21, 2025**, Celebration of **International Day of Yoga (IDY)-2025**, NSS Units organized an event on "**Yoga for One Earth, One Health**," aiming to **promote physical and mental well-being** while raising awareness about environmental sustainability through yoga. **Students were encouraged to do yoga asana like Surya Namaskar (Sun Salutation), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), Warrior Pose (Virabhadrasana)** highlighting the interconnectedness of human health and environmental well-being. **50 students** did various asana in their home. The arrangements were made by the NSS programme officers Mr.G.Dinesh and Mr.S.Ambalatharasu of Unit-I and Unit-II.

Outcome

Participants **gained a deeper understanding of yoga's benefits for personal health and environmental sustainability**. The event fostered a sense of community and well-being among participants.

GLIMPSES OF THE EVENT



The students are while doing asanas.

① R. Dinesh 23.6.25

② S. Ambalatharasu 23/06/2025

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