



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



NAAC Accredited Institution
KINGS
COLLEGE OF ENGINEERING
AUTONOMOUS



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

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 P. Dinesh 23.6.25

② S. Ambalatharasu 23/06/2025

NSS PROGRAMME OFFICERS
202414030 & 202414031 NSS Programme Officer
Kings College of Engineering
(Autonomous)
Punalkulam-613 303



S. Ambalatharasu
23/6/2025

PRINCIPAL
Principal
Kings College of Engineering
(Autonomous)
Punalkulam - 613 303