

# Climate Change Youth Outreach Program

## Report

### on

**Slogan Competition,**

**Innovative ideas for Combating Climate  
Change, Competition, Essay**

**Writing Competition,**

**Group Discussion Elocution Competition**

**17<sup>th</sup> September  
2022At**

**Gyanmanjari Institute of Technology,  
Bhavnagar**



**Coordinator and Program officer  
Prof. Ashutosh A Pandey**

## **ACKNOWLEDGEMENT**

We show gratitude towards our Principal Dr. H. M. Nimbark and Event main coordinators Prof. Ashutosh A Pandey who arrange this kind of event in our college. We are also thankful to the Gyanmanjari group of Colleges as in; it had taken it as astute. Special thanks to all the students who saw eagerness & participated in maximum events to make this event more fruitful and full of Entertainment, and knowledge.

## **SLOGAN COMPETITION**

As we organized number of events at the institute of Gyanmanjari group of colleges. Slogans makes thing more attractive and effective. Students tried to establish different thoughts, views and innovative ideas for the conservation of nature. Environment is an asset for human life and animals. The students made this event more innovative with the help of these slogans.

### **Innovative ideas for Combating Climate Change Competition**

“We were always affected by bad air quality,” says Vidyut Mohan, an entrepreneur from Delhi, India. “Family, friends, loved ones are always falling sick because of it.”

Pollution in some parts of India has reduced life expectancy by up to a decade, and the burning of agricultural waste is one of the leading causes. “The cheapest and fastest way to get rid of agricultural waste is for farmers to just set it on fire,” he says.

Vidyut says he can remember pollution levels reaching particularly high levels in 2015, so he decided it was time to do something about it.

Using his expertise in mechanical engineering and biomass technology, Vidyut and co-founder Kevin Kung created a portable machine that attaches to tractors and turns crop waste into sellable bio products like fuel and fertilizer. This process reduces smoke emissions by more than 95 percent, compared to burning waste products in the open-air.

## **Essay Writing Competition**

It is a harmonious blending of ' thought ' and ' expression'. It is considered to be the most effective test of the ability of a candidate to express his thoughts on a topic of general interest in general , unambiguous and impressive English , keeping this perspective in mind , on 17-09 2022 , Essay writing competition was organized by Climate Change Youth Outreach Program.

.The students were asked to write on the topic "CLIMATE CHANGE". We received good response; many participants have taken part in this competition. The purpose of the competition was to encourage the students to enhance their thinking and writing skills. The essays were well written by the students. The essay was judged by head of Department of Engineering on the basis of the student's vocabulary, presentation and creativity. Students put their best effort to write essay. The students were given the time limit to complete their writing. The toughest job for our judges was to find out winners for the completions but few participants were chosen as they have put their efforts and hard work to be the winner. The winners of the competition were given prizes.

## **Group Discussion**

Group discussion is a process whereby a group of two or more individuals are involved in sharing and discussing common thoughts on particular issues. Briefly, the group discussion is the exchange of ideas between different people on certain issues. The purpose of the group discussion is to enable a group of participants to exchange ideas and views on a given topic, so as to further their understanding of it.

A very important aspect of most classes dealing with Group Discussion is that it makes students learn to express themselves in front of their peers and help them learn how to co-operate with each other. This helps them considerably when they appear for interviews or group discussions outside the college. Group discussion also helps the students in learning the art of dealing with different kinds of people.

## Elocution Competition

An elocution competition is the art of public speaking that gives us self-boost and confidence to speak in front of a large audience. It enables children to create and connect with the audience who is listening to them through voice modulation. When the child is reciting, he/she brims boundless energy and resilience. Every competition has rules in order to bring in discipline and uniformity and the judging can be fair to every student as it applies universally. Rules help in taking the participation more seriously with respect. Every school has various fun activities, but along with fun and play, learning also is an important part of the activity. Elocution competitions play an important part in a child's life. How you may ask? Well, a child sees that without practice you won't be able to speak confidently, once you ace the confidence you must ace other important factors like the way you will sound, how audible you are to a large audience, time management to recite it in the allotted duration, and the style of presenting yourself with expressions. Each and every step is tremendously important to perform with courage and conviction no matter what. It challenges the child to give their best in whatever challenges comes their way.

# Snaps







**Gyanmanjari**  
Innovative University

A  
Report of  
Thalassemia Awareness and Testing  
Campaign

On  
22<sup>nd</sup> December 2022

At  
GYANMANJARI GROUP OF COLLEGES,  
SIDSAR  
Bhavnagar

**Co-ordinate by: Ashutosh Pandey**





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1. Acknowledgement

2. General Information

3. Purpose of event

4. What is learnt?

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6. Conclusion



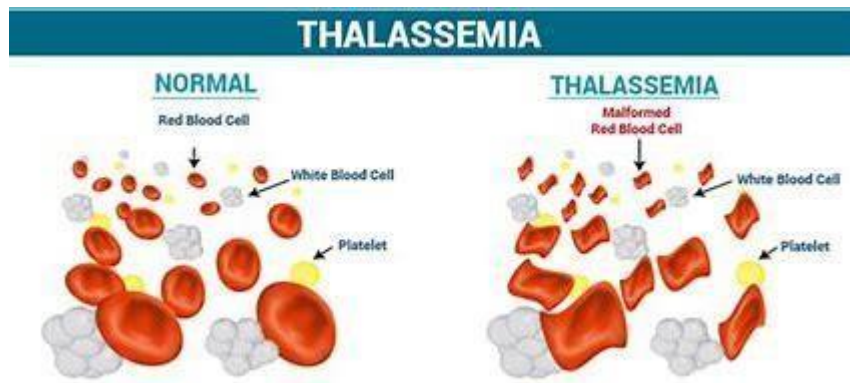
## **Acknowledgement**

We are grateful for our honorable Executive Director, Dr. H. M. Nimbark, Principal Dr. A. N. Lumbhani and our faculty Ashutosh Pandey for organizing this campaign. We are thankful for volunteers- Pragya Rai, Hritika Jadeja, Aadithya Nair, Darshan and Dharmaraj Jadeja for managing and coordinating the event. We are also thankful to the administrative and supportive personnel for making very comfortable arrangements in a Campus for students and medical team to run the event smoothly.

## General Information

Thalassemia is an inherited (i.e., passed from parents to children through genes) blood disorder caused when the body doesn't make enough of a protein called hemoglobin, an important part of red blood cells. When there isn't enough hemoglobin, the body's red blood cells don't function properly and they last shorter periods of time, so there are fewer healthy red blood cells traveling in the bloodstream.

Red blood cells carry oxygen to all the cells of the body. Oxygen is a sort of food that cells use to function. When there are not enough healthy red blood cells, there is also not enough oxygen delivered to all the other cells of the body, which may cause a person to feel tired, weak or short of breath. This is a condition called anemia. People with thalassemia may have mild or severe anemia. Severe anemia can damage organs and lead to death.



### What are the different types of thalassemia?

When we talk about different “types” of thalassemia, we might be talking about one of two things: the specific part of hemoglobin that is affected (usually either “alpha” or “beta”), or the severity of thalassemia, which is noted by words like trait, carrier, intermedia, or major.

Hemoglobin, which carries oxygen to all cells in the body, is made of two different parts, called alpha and beta. When thalassemia is called “alpha” or “beta,” this refers to the part of hemoglobin that isn't being made. If either the alpha or beta part is not made, there aren't enough building blocks to make normal amounts of hemoglobin. Low alpha is called alpha thalassemia. Low beta is called beta thalassemia.

When the words “trait,” “minor,” “intermedia,” or “major” are used, these words describe how severe the thalassemia is. A person who has thalassemia trait may not have any symptoms at all or may have only mild anemia, while a person with thalassemia major may have severe symptoms and may need regular blood transfusions.

In the same way that traits for hair color and body structure are passed down from parents to children, thalassemia traits are passed from parents to children. The type of thalassemia that a person has depends on how many and what type of traits for thalassemia a person has inherited, or received from their parents. For instance, if a person receives a beta thalassemia trait from his father and another from his mother, he will have beta thalassemia major. If a person received an alpha thalassemia trait from her mother and the normal alpha parts from her father, she would have alpha thalassemia trait (also called alpha thalassemia minor). Having a thalassemia trait means that you may not have any symptoms, but you might pass that trait on to your children and increase their risk for having thalassemia.

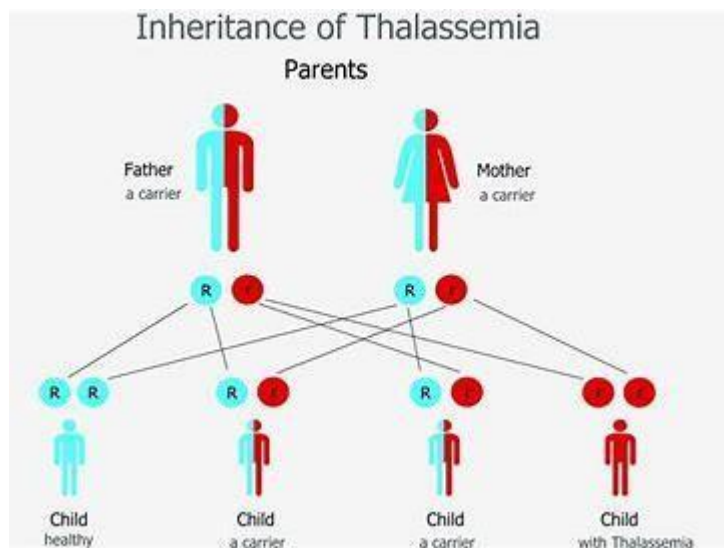
Sometimes, thalassemias have other names, like Constant Spring, Cooley’s Anemia, or hemoglobin Bart hydrops fetalis. These names are specific to certain thalassemias – for instance, Cooley’s Anemia is the same thing as beta thalassemia major.

## How do I know if I have thalassemia?

People with moderate and severe forms of thalassemia usually find out about their condition in childhood, since they have symptoms of severe anemia early in life. People with less severe forms of thalassemia may only find out because they are having symptoms of anemia, or maybe because a doctor finds anemia on a routine blood test or a test done for another reason.

Because thalassemias are inherited, the condition sometimes runs in families. Some people find out about their thalassemia because they have relatives with a similar condition.

People who have family members from certain parts of the world have a higher risk for having thalassemia. Traits for thalassemia are more common in people from Mediterranean countries, like Greece and Turkey, and in people from Asia, Africa, and the Middle East. If you have anemia and you also have family members from these areas, your doctor might test your blood further to find out if you have thalassemia.





## **Purpose of event**

One Day Thalassemia Awareness Testing Campaign was held in the college campus on 22<sup>nd</sup> of December, 2022 with the aim to spread awareness about Thalassemia. The objective of the program was to create awareness among the students about Thalassemia and conduct tests for Thalassemia.

### **“A SINGLE PRICK CAN SAVE A CHILD FROM THALASSEMIA DISORDER”**

Specialized care across the lifespan can help people who have Thalassemia live as healthy as possible. Thalassemia is a treatable disorder that can be well-managed with blood transfusions and chelation therapy. A person with Thalassemia will need to receive medical care on a regular basis from a hematologist (a medical specialist who treats diseases or disorders of the blood). If a doctor has prescribed either blood transfusions (a routine medical procedure using donated blood) or chelation therapy, the most important thing a person with Thalassemia can do is stick to their treatment schedules to prevent severe anemia (low numbers of red blood cells) and possible organ damage from iron overload.



# CAMPAIGN SNAPS

More than 480 students were tested for thalassaemia











## **Conclusion**

Students were highly energetic and the event was a big success. Thalassemia test was conducted in college campus and test was done for more than 480 students. Awareness about effects and causes along with prevention of thalassemia was spread among students and effectively explained them about the necessity of tests beforehand. With coordination of staff, volunteers and medical team, the event was successfully conducted and was a small step towards prevention of Thalassemia.



## GUJARAT TECHNOLOGY UNIVERSITY

### NATIONAL SERVICE SCHEME

### GYANMANJARI GROUP OF COLLEGES

### A Report on JOY OF GIVING Event on 13-01-2023 of Gyanmanjari Group of Colleges

Gyanmanjari Group of Colleges

Joy of Giving

Date: 13-01-2023

Time: 10:30a.m. -1:30p.m.

Location: Bhavnagar

#### Joy of Giving

We all know how great it feels to receive gifts. However, the joy of getting is short-lived. Our lives are richer when we share, and that great inner joy comes from helping others to better their lives. Truly giving from the heart fills your life with joy and nourishes your soul. With this mindset, we had conducted the event 'Joy of Giving' at Gyanmanjari Group of colleges.

The collection drive was organized on 06-01-2023 and 08-01-2023 at various locations in Bhavnagar where students from college volunteered and collected clothes from various people willing to donate and spread awareness among people about joy of giving and importance of donation. More than 90 students volunteered for collection drive and they stood at about eight different locations in Bhavnagar to collect clothes to donate.

The collected clothes were segregated and then distribution was done on 13-01-2023. The collected clothes were distributed to the people in need in various locations around Bhavnagar. More than 40 students volunteered for distribution. All the students visited various locations around Bhavnagar and donated the collected clothes to people in need.

The event was a huge success. The students showed a lot of enthusiasm and empathy and collected a huge amount of clothes and donate them to the needy people and we were successful in giving joy in form of warmth the clothes provided to people in need during the cold weather.

### Major outcomes of event

- Donated clothes to people in need.
- Helped them stay warm in winters and thus prevent sickness from cold.
- Promoted cooperation and social connection among people.
- Raised awareness about Joy of Giving among people.

### Photographs of the event



Volunteers collecting clothes from Citizen



Volunteers standing for collection



Donating clothes at slums at Ring Road



Donating Clothes at Navabandar



Donating clothes at slums in Jawahar Maidan



Donating clothes at Navabandar Primary School



All the student volunteers at Navabandar Primary School



# GUJARAT TECHNOLOGY UNIVERSITY

## NATIONAL SERVICE SCHEME

### Gyanmanjari Group of Colleges

### A Report on Thalassemia Awareness Campaign

**NSS Unit Name/College Name:** Gyanmanjari Group of Colleges

**Event NAME:** Thalassemia Awareness Campaign

**Event Date, Time and Location:** 08/05/2023, 10:30A.M. To 1:30A.M. , Sidsar-Bhavnagar.

#### **Acknowledgement:**

We are thankful to our Honorable Principal Dr.H.M.Nimbark Sir, Social activity coordinator Prof.Dr.ViramParmar and Respected faculty Ashutosh Pandey (Program officer, NSS) for organizing such a visit. We are also thankful to our Coordinators RaiPragya, Rai Dhruv, Nair Aadithya, JasoliyaJanvi, and Dixit Krina. It was the support of The Administrative personnel and the Volunteers that made this visit a success.

**Objectives:**The main objectives of the visit were to:

- Educate the villagers about the causes, symptoms, and treatment of Thalassemia.
- Encourage people to undergo Thalassemia screening and testing to identify carriers and affected individuals.
- Explain the importance of genetic counseling for Thalassemia carriers and their families.
- Promote community support and involvement in Thalassemia prevention and management.

**Brief Description of the visit:** On 8<sup>th</sup> of May, 2023, volunteers of our NSS UNIT visited Sidsar– an adopted village, located near Bhavnagar, to raise awareness about Thalassemia, a genetic blood disorder that affects millions of people around the world. We covered around 175 residencies in groups of three and did a survey of how many people had exactly tested them. We gave them information regarding this disease by the means of leaflets and through oral communication.

**Photographs of the visit:**





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The visit to Sid sar was

a success in terms of raising awareness about Thalassemia and promoting community involvement in its prevention and management. The team hopes that this visit will serve as a model for similar efforts in other rural areas, where Thalassemia and other genetic disorders often go undiagnosed and untreated. The volunteers would like to express their gratitude to the villagers, for their support and cooperation in this Endeavour.

**No. of Students:** There was 50 volunteers of NSS was engaged in door-to-door awareness campaign.

**Results:** The visit was well-received by the villagers, who showed a keen interest in learning about Thalassemia and its implications for their health and well-being.





**Gyanmanjari**  
Innovative University

Report of  
Seminar on World Environment Day

On  
5<sup>th</sup> June, 2023

At  
GYANMANJARI GROUP OF COLLEGES,  
SIDSAR ROAD

Bhavnagar.



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## **Acknowledgement**

We are grateful for our honorable Executive Director, Dr. H. M. Nimbark, our faculties Ashutosh Pandey (PO) and Prof. Anish Vora for organizing this seminar. We are grateful for our speakers and YI group who shared valuable ideas and conducted the insightful sessions. We are thankful for volunteers for managing and coordinating the event. We are also thankful to the administrative and supportive personnel for making very comfortable arrangements in a Campus to run the event smoothly.

## **General Information**

World Environment Day, observed on June 5th each year, is a global initiative aimed at promoting environmental awareness and encouraging positive actions to protect our planet. It provides an opportunity to address pressing environmental issues, mobilize individuals and communities, and advocate for sustainable practices to ensure a healthier and greener future for all.

## **What's the importance of world environment day?**

- ❑ **Raises awareness:** World Environment Day increases awareness about critical environmental issues and challenges that our planet faces.
- ❑ **Promotes action:** It encourages individuals, communities, and governments to take concrete actions to protect and preserve the environment.
- ❑ **Global collaboration:** It fosters international cooperation and collaboration to address environmental challenges on a global scale.
- ❑ **Advocacy for sustainable practices:** World Environment Day promotes the adoption of sustainable practices in various sectors such as energy, transportation, waste management, and agriculture.
- ❑ **Empowers individuals:** It empowers individuals to make a positive impact by engaging in eco-friendly activities and adopting sustainable lifestyles.

## **Strategies for preserving environment:**

- ❑ **Reduce, Reuse, and Recycle:** Practice the 3 R's to minimize waste generation. Reduce consumption, reuse items whenever possible, and recycle materials to conserve resources and minimize landfill waste.
- ❑ **Conserve Water:** Use water wisely by fixing leaks, taking shorter showers, and collecting rainwater for plants. Install water-efficient fixtures and appliances and promote water conservation in your community.
- ❑ **Adopt Sustainable Transportation:** Opt for eco-friendly modes of transportation like walking, cycling, or using public transportation. When driving, carpool or choose fuel-efficient vehicles to reduce emissions and air pollution.
- ❑ **Embrace Renewable Energy:** Transition to renewable energy sources such as solar or wind power for electricity generation. Install energy-efficient appliances and lighting to reduce energy consumption and lower greenhouse gas emissions.
- ❑ **Protect Biodiversity:** Support conservation efforts by preserving natural habitats, planting native trees and plants, and avoiding the use of harmful pesticides and chemicals.
- ❑ **Encourage responsible tourism** that respects and protects wildlife and ecosystems.

Remember, even small actions can make a big difference in preserving the environment.

## Purpose of event

A seminar on World Environment Day serves the purpose of raising awareness, educating students, and fostering collaboration for environmental conservation. It provides a platform for sharing knowledge, best practices, and research findings related to environmental issues. By bringing together experts and students, seminar enabled networking and the exchange of ideas, inspiring participants to take action. It also facilitates discussions on policy frameworks and advocacy for environmental sustainability. Through success stories and innovative approaches, seminar motivated individuals to make positive changes in their own lives and communities. Overall, the seminar played a crucial role in promoting environmental awareness, building partnerships, and mobilizing collective efforts towards a greener and more sustainable future.

## What is learnt?

This event developed thorough understanding of the following aspects:

**“The environment is not a luxury, it is a necessity.”**

Students gained valuable insights on environmental issues and climate change. The expert speaker emphasized the significance of the global initiative in raising awareness and inspiring action for a sustainable future. They discussed the causes and consequences of climate change, highlighting the urgent need for collective efforts to address the issue. Interactive discussions allowed students to actively participate and deepen their understanding of the subject matter. Practical solutions, such as energy conservation and sustainable waste management, were presented to mitigate climate change. The seminar also stressed the importance of advocacy and policy engagement. Students were encouraged to become advocates for stronger environmental policies and to influence decision-making processes. Overall, the seminar provided students with knowledge and inspiration to actively contribute to environmental conservation and make a positive impact in their personal lives and beyond.

## CAMPAIGN SNAPS



## Conclusion

Students and Teachers were highly energetic and the event was a big success. Speaker sessions were held where speakers shared their valuable ideas. Awareness about need of conserving environment was spread. All the students were encouraged to conserve environment. With coordination of staff, volunteers and students, the event was successfully conducted and was a small step towards conserving environment and combat climate change.



**Gyanmanjari**  
Innovative University

A  
Report of  
Seminar on Road Safety Awareness  
On  
19<sup>th</sup> June, 2023  
At  
GYANMANJARI GROUP OF COLLEGES,  
SIDSAR ROAD  
Bhavnagar.

## Acknowledgement

We are grateful for our honorable Executive Director, Dr. H. M. Nimbark, Principal Dr. A. N. Lumbhani and our faculties Ashutosh Pandey and Prof. Anish Vora for organizing this seminar. We are grateful for our speaker and Rotary club, Bhavnagar, who shared valuable ideas and conducted the insightful sessions. We are thankful for volunteers for managing and coordinating the event. We are also thankful to the administrative and supportive personnel for making very comfortable arrangements in a Campus to run the event smoothly.

## General Information

Road safety awareness is crucial for saving lives and preventing injuries on the roads. It promotes safe driving practices, adherence to traffic rules, and the use of seat belts and child restraints. By raising awareness about the importance of traffic safety, we can reduce accidents and protect the well-being of road users.

### **What's the importance of road safety awareness?**

- **Prevention of Accidents:** Traffic safety awareness programs educate individuals about traffic rules, road signs, and safe driving practices. This knowledge helps prevent accidents by promoting responsible behavior on the roads.
- **Protection of Lives:** Road accidents can result in severe injuries and fatalities. By raising awareness about traffic safety, individuals are encouraged to follow speed limits, avoid drunk or distracted driving, and prioritize pedestrian safety. This leads to a significant reduction in the number of lives lost on the roads.
- **Reduction of Injuries:** Traffic safety awareness campaigns emphasize the use of seat belts, helmets, and appropriate child restraints. By encouraging these practices, they help minimize the severity of injuries in the event of an accident and increase the chances of survival.
- **Efficient Traffic Flow:** When individuals are aware of traffic rules and adhere to them, it leads to smoother traffic flow. This reduces congestion, minimizes the risk of collisions, and promotes efficient transportation.
- **Economic Benefits:** Road accidents and injuries result in significant economic costs, including medical expenses, property damage, and loss of productivity. By promoting traffic safety awareness, we can reduce these financial burdens and allocate resources more effectively.

### **Strategies for road safety:**

- ❑ **Education and Awareness:** Promote comprehensive road safety education programs for all age groups, including children, teenagers, and adults. Focus on imparting knowledge about traffic rules, safe driving practices, and the potential consequences of reckless behavior.
- ❑ **Enforcement of Traffic Laws:** Strengthen law enforcement efforts to ensure compliance with traffic regulations. Increase surveillance, conduct regular patrols, and impose strict penalties for traffic violations. This discourages reckless driving and encourages responsible behavior.
- ❑ **Infrastructure Development:** Improve road infrastructure by constructing well-designed and maintained roads, installing clear road signs and markings, and implementing effective traffic management systems. Enhancements such as pedestrian crossings, speed bumps, and traffic lights help promote safety for all road users.
- ❑ **Vehicle Safety Standards:** Enforce stringent vehicle safety standards, including regular vehicle inspections and proper maintenance. Encourage the use of safety features such as seat belts, airbags, and anti-lock braking systems (ABS) in vehicles.
- ❑ **Public Awareness Campaigns:** Launch targeted public awareness campaigns to educate and sensitize the general public about road safety. Utilize various mediums, including media, social platforms, and community engagement, to disseminate information and promote responsible behavior on the roads.
- ❑ **Promote Non-Motorized Transportation:** Encourage walking, cycling, and other non-motorized transportation options to reduce congestion, promote physical activity, and create safer environments for pedestrians and cyclists.
- ❑ **Collaboration and Partnerships:** Foster collaboration among government agencies, law enforcement authorities, educational institutions, community organizations, and other stakeholders. Work together to develop and implement comprehensive road safety strategies, share data and research, and coordinate efforts effectively.
- ❑ **Data Collection and Analysis:** Establish robust data collection systems to gather information on road accidents, causes, and trends. Analyze the data to identify high-risk areas, hazardous behaviors, and implement targeted interventions.

### Purpose of event

The purpose of organizing a seminar on traffic safety awareness in our college was to educate and empower students to prioritize safe practices on the roads. The seminar aimed to raise awareness about the importance of following traffic rules, practicing defensive driving, and avoiding risky behaviors. By providing practical tips and information on common causes of accidents, the event aimed to prevent road incidents and reduce injuries. It also aimed to instill a sense of responsibility and accountability among students, emphasizing the impact of their actions on road safety. Additionally, the seminar aimed to inform students about ongoing road safety campaigns and encourage their active participation. Overall, the purpose of the seminar was to equip college students with the knowledge and mindset necessary to be responsible road users, promote a safer road environment, and contribute to reducing accidents and injuries on the roads.

### What is learnt?

This event developed thorough understanding of the following aspects:



**“Drive with your mind, not just with your wheels.”**

The seminar on traffic safety awareness provided students with valuable insights and knowledge on how to promote safe practices on the roads. They learned about the significance of following traffic rules, practicing defensive driving techniques, and avoiding distractions while behind the wheel. The dangers of speeding and impaired driving were highlighted, along with the importance of wearing seat belts and using appropriate child restraints. Students also gained an understanding of the responsibilities of pedestrians and cyclists in ensuring road safety. Overall, the seminar equipped them with the necessary knowledge and tools to make informed decisions and contribute to creating a safer road environment for themselves and others.

**CAMPAIGN SNAPS**





### **Conclusion**

The seminar on traffic safety awareness generated a lot of enthusiasm among students and teachers, resulting in a highly successful event. It included engaging speaker sessions where experts shared valuable ideas and insights. The primary focus was on spreading awareness about traffic safety and encouraging students to be environmentally conscious. The event was organized smoothly with the coordination of staff, volunteers, and students. It served as a small yet significant step towards promoting road safety and fostering responsible behavior on the roads. The seminar provided a platform for meaningful discussions and laid the groundwork for future initiatives in creating safer road environments.



**Gyanmanjari**  
Innovative University



# GUJARAT TECHNOLOGY UNIVERSITY NATIONAL SERVICE SCHEME

## Gyanmanjari Group of Colleges

### A Report on International Yoga Day on 21/06/23 of Gyanmanjari Group Of Colleges

**NSS Unit Name/College Name:** Gyanmanjari Group of Colleges

**Event NAME:** International Yoga Day

**Event Date, Time and Location:** 21/06/2023, 07:00A.M. To 8:00A.M. , Sidsar-Bhavnagar.

#### **Acknowledgment:**

We are thankful to our Honorable Principal H.M.Nimbark and Respected faculty Ashutosh Pandey for organizing such an event. We are also thankful to our Coordinators Rai Pragya, Jadeja Hritika, Rai Dhruv, Nair Adithya, Meet, Jasoliya Janvi, and Dixit Krina. It was the support of The Administrative personnel and the Volunteers that made this event a success.

#### **Brief Description of the Event:**

International Yoga Day is celebrated on the 21st of June each year since its inception in 2015. This day aims to raise global awareness about the numerous physical, mental, and spiritual benefits of practicing yoga. Recognizing the ancient Indian practice's universal appeal and significance, the United Nations General Assembly designated June 21st as International Yoga Day to encourage the adoption of yoga as a holistic approach to well-being worldwide. We The Students and Our College faculties also celebrated International Yoga Day in our college campus. Our yoga Expert Go swami Kinjal helped us in performing asanas correctly, also explained benefits of various asanas.

This helps in sharing knowledge about different yoga techniques, their benefits, and how to incorporate them into daily life. It helps in understanding that Yoga plays a vital role in promoting a healthier, more balanced world while fostering global understanding and cultural exchange.

#### **Major Outcomes of Event:**



- ❑ **Community Building:** International Yoga Day fosters a sense of community as it encourages people to come together, irrespective of their differences, and experience the power of collective well-being.
- ❑ **Mental Resilience:** Yoga focuses on mindfulness and meditation techniques which helps individuals to develop mental resilience, emotional stability, and better concentration, also can alleviate the symptoms of various mental health conditions and improve overall cognitive function.
- ❑ **Health and Well-being:** It promotes physical fitness, flexibility, and strength while reducing stress, anxiety, and depression. Its Regular practice can enhance cardiovascular health, improve respiratory function, and aid in weight management.
- ❑ **Diplomatic Relations:** International Yoga Day has also served as a platform for diplomatic engagement and cultural exchange.

### **Photographs of the event:**





**Conclusion:**

International Yoga Day has emerged as a global movement, uniting people from all walks of life in the pursuit of health, harmony, and self-awareness. Through such event we help in spreading the message of yoga's positive impact on physical and mental well-being.