

**Organized by: Dealfair Educational Consultancy**

**Director: Dr. Reena Sharma**

**Coordinators: Ms. Mansi Rajliwal & Mr. Sumit Prajapati**

## Introduction

Dealfair Educational Consultancy proudly celebrated International Yoga Day on 21st June 2025 with great zeal and enthusiasm. Under the visionary leadership of our Director, Dr. Reena Sharma, and the dedicated efforts of Ms. Mansi Rajliwal and Mr. Sumit Prajapati, the event was organized successfully and left a lasting impact on all participants.

## Objectives of the Event

- To promote the physical, mental, and spiritual benefits of Yoga among students.
- To educate students about traditional Indian Yogic practices.
- To encourage a healthy and balanced lifestyle through regular Yoga practice.
- To foster creativity through slogan writing and poster-making activities.

## Event Highlights

### 1. Yoga Session

The day began with a vibrant Yoga session where students participated with full energy and discipline.

Asanas performed included:

- Tadasana (Mountain Pose): Improves posture, increases height, and strengthens thighs, knees, and ankles.
- Trikonasana (Triangle Pose): Enhances flexibility, improves digestion, and reduces anxiety.

- Vrikshasana (Tree Pose): Improves balance and stability, strengthens spine, increases concentration.

Each Asana was demonstrated and explained with its benefits and correct posture techniques.

## **2. Informative Talk**

A brief and insightful session was conducted to explain the origins, significance, and importance of Yoga in daily life. Students learned how incorporating just a few minutes of Yoga daily can help manage stress, improve focus, and boost physical well-being.

## **3. Slogan Writing Competition**

To further spread awareness and encourage creativity, a Slogan Writing Competition was held.

Students penned powerful and thoughtful slogans reflecting the spirit and importance of Yoga.

Examples:

- "Yoga: The journey of the self, through the self, to the self."
- "Breathe in peace, breathe out stress - do Yoga."

## **4. Poster Making Activity**

A colorful Poster Making Activity followed, where students created visually appealing and meaningful posters on the theme of Yoga. Their work beautifully represented the harmony between mind, body, and soul.

## **5. Photography & Memories**

The celebration was captured in beautiful photographs, showcasing the graceful yoga poses, enthusiastic participation, and artistic talents of the students.

## **Conclusion**

The International Yoga Day Celebration 2025 at Dealfair Educational Consultancy was a grand success. It was not just an event but a movement to inspire healthy habits and mindful living among students. The sincere efforts of the organizing team and active participation of the students made the day informative, energetic, and enriching.

We extend heartfelt thanks to Dr. Reena Sharma for her guidance and support, and to Ms. Mansi Rajliwal and Mr. Sumit Prajapati for their impeccable planning and coordination. This event has certainly planted the seed of wellness in the hearts of all participants.

