

Event Report on

International Yoga Day Celebration at AIHS, Butwal

Date: 21st June 2024

Overview

On June 21st, AIHS (AMDA Institute of Health Science), Butwal, celebrated the 10th International Yoga Day with great enthusiasm and energy. The theme for this year's celebration was "Yoga for Self and Society," emphasizing the holistic benefits of yoga for both individual well-being and societal harmony.

Event Highlights

Inauguration

The event commenced with an inauguration ceremony led by the esteemed Medical Superintendent, Dr. Binod Kumar Parajuli, SCWH. He highlighted the significance of yoga in promoting physical and mental health, especially in today's fast-paced world.

Key Participants

The yoga session saw active participation from the following notable individuals:

- Mrs. Sarita Rawal, Principal, AIHS
- Mr. Khagendra Bahadur Chhetry, Administrative Officer (SCWH)
- Mrs. Reeba Shrestha, Nursing Instructor
- Mrs. Sangita Shah, Nursing Instructor
- Ms. Laxmi Karki, Nursing Instructor
- Mrs. Gita Bhandari, Librarian
- Mr. Shrekant Subedi, Health assistance (SCWH)

Additionally, the session was graced by the presence of the yoga instructor, Mrs. Gaynu KC (Labour unit in-charge, SCWH), who guided the participants through various yoga poses and breathing exercises.

Student Participation

All students of AIHS, Butwal, displayed remarkable enthusiasm and energy throughout the yoga session. Their participation demonstrated the growing awareness and acceptance of yoga as an essential practice for maintaining a balanced and healthy lifestyle.

Yoga Session

Under the expert guidance of Mrs. Gaynu KC, the participants engaged in a series of yoga asanas (poses) and pranayama (breathing exercises). The session focused on the theme "Yoga for Self and Society," reflecting yoga's transformative power in achieving harmony between mind and body, balancing thought and action, and uniting restraint and fulfillment.

Closing Remarks

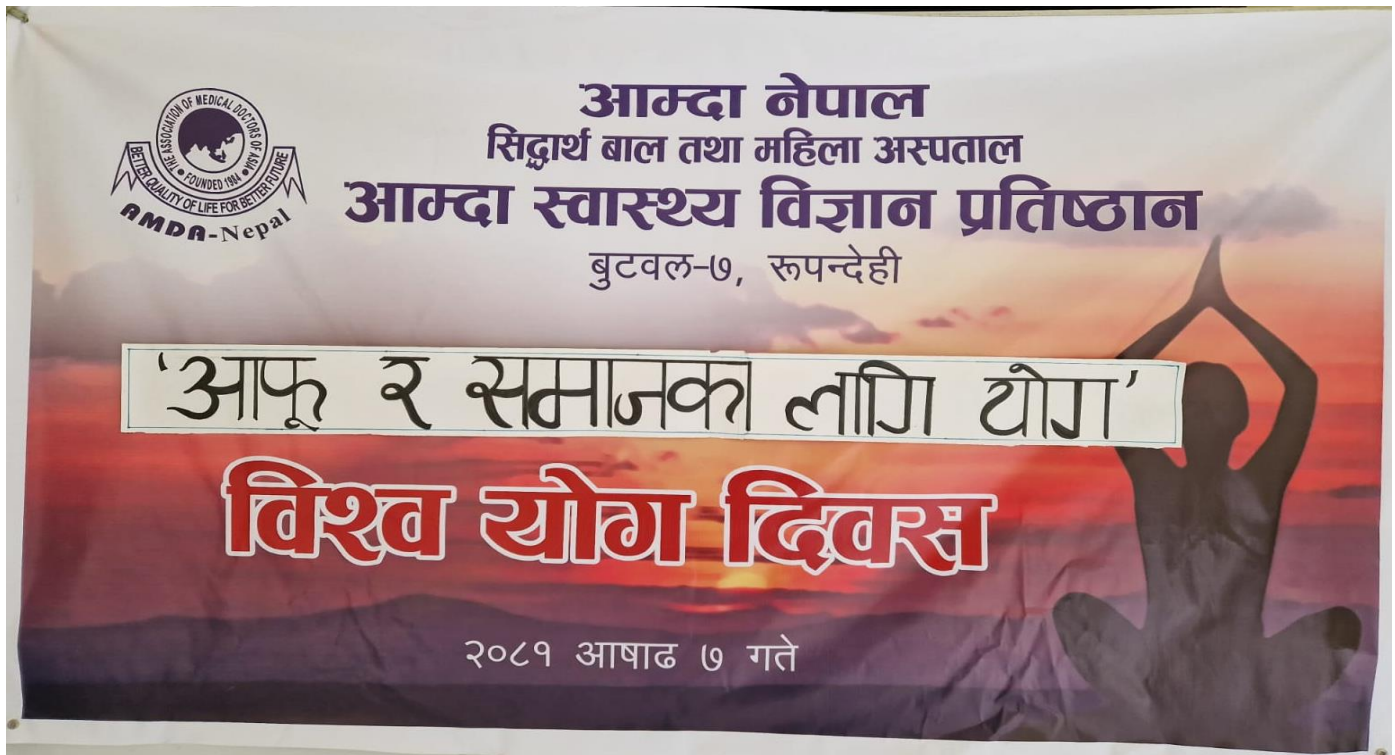
The principal, Mrs. Sarita Rawal, delivered the closing remarks, expressing gratitude to all participants and highlighting the importance of integrating yoga into daily routines. She reiterated that yoga's benefits extend beyond individual health, contributing to societal well-being by fostering peace and harmony.

Conclusion

The International Yoga Day celebration at AIHS, Butwal, was a resounding success, marked by enthusiastic participation and a deep appreciation for the practice of yoga. The event not only highlighted the physical and mental benefits of yoga but also reinforced its role in promoting a harmonious society.

The theme "Yoga for Self and Society" resonated throughout the event, reminding everyone of yoga's potential to transform lives and create a more balanced and peaceful world.

Some Glimpse of event





THANK YOU !