

# 11<sup>th</sup> International Yoga Day 2025 Celebration by NSS Cell, GHRCE

On June 21st, International Yoga Day was celebrated by the NSS Cell of G.H. Raisoni College of Engineering (GHRCE). The yoga session was expertly conducted by Yoga Guru Vibha Jaiswal from Bhartiya Yog Sanstha, along with her dedicated team. The session commenced after a preamble delivered by Sheetal Mungale Madam, (NSS Co-in charge), making it a truly wonderful and unifying experience for all attendees. Following the main session, Shubham Rai, a talented student from GHRCE, presented a captivating rhythmic yoga performance. This was succeeded by Maahi Yelne, another GHRCE student, who enchanted the audience with her beautiful rendition of the 'Yog Geet'. The event also featured an insightful address by Yoga Guru Arvind Ji, who elaborated on the significance of yoga, highlighting how mobile phones can be a distraction and how yoga is intrinsically linked to every organ of the body. Dr. Sanjeev Kumar, HOD of Management Studies at GHRCE, further enriched the session with a short, inspiring story underscoring the importance of yoga. As a gesture of gratitude and appreciation, a token of love was presented to Vibha Jaiswal Ma'am and her team by the hands of Dr. Sanjeev Kumar. The session concluded with a vote of thanks by Prof. Megha Pawar, followed by the National Anthem. Lemonade was arranged as a refreshing drink for everyone. The event saw active participation of 73 participants from all Heads of Departments (HODs), faculty members, and NSS volunteers. The event was a grand success, meticulously organized by Dr. Mangesh Bhorkar NSS Program Officer & Prof. Sheetal Mungale NSS Co-in charge & Prof. Gaurangi Jaiswal with 10 NSS volunteers under the guidance & valuable support of Dr. Sachin Untawale, Director, GHRCE, Nagpur.

