

**Report on Yoga Session – 17th June 2025**  
***College of Social Work, Nirmala Niketan***

A yoga session was conducted on 17th June 2025 from 9:00 am to 10:00 am by the student council at the College of Social Work, Nirmala Niketan to celebrate International Yoga Day, which is observed on 21st June every year.

The session was conducted by Ms. Sakshi Oza, a certified and experienced yoga teacher and founder of *Oza's Fitness*. Ms. Oza led the students through a revitalizing morning practice that included *Pranayama*, *Surya Namaskar*, *asanas*, and simple meditation techniques aimed at enhancing physical, emotional, and mental well-being.

A total of 80 students participated in the session:

- 35 students from MSW II year
- 21 students from BSW III year
- 24 students from BSW II year

Ms. Oza's approachable and energetic facilitation made the session engaging and accessible for all levels of experience. The students responded with great enthusiasm and expressed appreciation for the calming and empowering experience.

This event not only highlighted the importance of integrating yoga into everyday life but also encouraged students to adopt mindful practices for self-care and holistic wellness.

**Date: 21st June 2025**

As part of the celebration of International Yoga Day, a yoga session was organized by the Orientation Committee of the College of Social Work, Nirmala Niketan on 21st June 2025, from 9:00 am to 10:00 am in the college hall.

The session was specially held for BSW I year students, as the other batches had already begun their fieldwork. The remaining students (BSW II, BSW III, and MSW II) had participated in an earlier session held on 17th June 2025.

The yoga session was conducted by Dr. Roshni, who guided the participants through a series of yoga asanas, breathing techniques, and relaxation practices aimed at enhancing physical and mental well-being.

A total of 45 BSW I students took part in the session, along with 10 teaching staff and 4 non-teaching staff.

The session was received with enthusiasm and served as a meaningful reminder of the importance of self-care and mindfulness through yoga.

