

Neotech Campus – Event report

Name of Institute: Neotech Institute of Physiotherapy

NC/NIP /Event report/2024-25/009

Date: 21st June 2025



1. Title of the Event:

International Yoga Day Celebration at Campus Level

2. Organized by:

Neotech Institute of Physiotherapy

3. Date & Venue:

21-06-2025, Sports Club, Diploma, Building.

4. Objective:

On the occasion of the 11th International Yoga Day, Neotech Institute of Physiotherapy proudly organized and celebrated a Yoga event.

5. Resource Person(s):

Dr. Sagar Rathod PT (Assistant Professor, NIP)

Dr. Nisarg R. Vaghela PT (Assistant Professor, NIP)

Jaydeep sir (Yoga & Sports Teacher (Neotech Campus)

6. Number of Participants:

Number of Student	38
Number of Faculty	31
Number of external participants (if any)	

7. Program Schedule:

Time	Session Details	Speaker
10:00 AM	Inauguration	Dr. Nisarg, Dr. Sagar

8. Key Highlights:

- Inaugural Ceremony
- Mass Yoga Session
- Student Participation

9. Outcomes of the Event:

- **Enhanced Awareness of Yoga:**
Students and faculty gained deeper insights into the physical, mental, and emotional benefits of yoga, promoting overall well-being.
- **Improved Participation and Engagement:**
Active involvement of students across all academic years fostered a spirit of unity, discipline, and enthusiasm toward holistic health practices.
- **Promotion of Healthy Lifestyle:**
The event encouraged the incorporation of yoga into daily routines, promoting a balanced lifestyle among future healthcare professionals.
- **Skill Development:**
Participants learned practical yoga skills, including postures, breathing techniques, and relaxation methods, enhancing their therapeutic toolkit as physiotherapy students.

10. Feedback Summary:

- **Overall Experience:**
The majority of participants rated the event as *excellent*, appreciating the structured flow, engaging activities, and positive atmosphere throughout the celebration.
- **Yoga Session Quality:**
The guided yoga session received high praise for being beginner-friendly, energizing, and effectively led by experienced instructors. Participants felt relaxed and rejuvenated.
- **Learning Outcomes:**
Students reported gaining a better understanding of the importance of yoga in daily life as well as its relevance in physiotherapy and rehabilitation practices.

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- Student Engagement:

Attendees were pleased with the opportunity to actively participate through demonstrations, competitions, and discussions. The inclusion of creative events (like poster/slogan contests) was particularly well-received.

- Time Management:

Most participants found the event well-timed and well-organized. The schedule allowed for meaningful participation without academic disruption.

- Suggestions for Improvement:

- A few participants suggested incorporating more advanced asanas or longer sessions in future events.

- Some recommended regular monthly or weekly yoga sessions to promote continuous practice and benefits.

- Faculty & Organizer Appreciation:

Students expressed gratitude toward the organizing team and faculty for their effort in planning and conducting a meaningful, informative, and enjoyable event.

- Future Expectations:

Participants showed strong interest in attending similar wellness events in the future and suggested inclusion of topics such as meditation, stress management, and diet in upcoming programs.

11. Conclusion & Acknowledgment:

Conclusion:

The celebration of the 11th International Yoga Day at Neotech Institute of Physiotherapy was a resounding success. The event not only highlighted the significance of yoga in promoting physical, mental, and emotional well-being but also reinforced its value in the field of physiotherapy. Through enthusiastic participation, informative sessions, and guided practice, students and faculty alike experienced the holistic benefits of yoga.

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Acknowledgment:

We extend our heartfelt gratitude to the management of Neotech Institute of Physiotherapy for their constant support and encouragement. Special thanks to the faculty coordinators, student volunteers, and invited yoga instructors for their dedication and contribution to the successful execution of the event. We also acknowledge the enthusiastic participation of all students, whose energy and involvement made the celebration truly memorable. Lastly, we thank the Ministry of AYUSH and the Yoga Sangam portal for providing an official platform to recognize and promote the importance of this global initiative.

12. Supporting Documents:



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Submitted by:

Dr. Sagar Rathod PT (Assistant Professor, NIP)

21-06-2025

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