

Sarvajani University's **SU Health Club** successfully hosted a momentous dual celebration marking both the **12th International Yoga Day** and the **5th Anniversary** of the university's establishment. The landmark event brought together the institution's highest administrative leadership, deans, faculty, and students on a unified wellness platform.

✦✦ Key Highlights

- **Expert Guidance:** The mass rejuvenation session was conducted by expert instructors from the globally renowned **Art of Living Institute**, following the Common Yoga Protocol.
- **High Attendance:** A total of **101 participants** actively performed yoga routines, including 87 faculty/staff members and 14 students.
- **Special Refreshments:** Participants were served healthy herbal tea following the session.

✦ Impact & Feedback

- **90%+ Approval:** Over 90% of the participants praised the workshop format and requested regular campus wellness sessions.
- **Mindfulness Culture:** The event has successfully inspired various university departments to consider integrating regular daily mindfulness breaks.

👤 Organizing Committee Acknowledgments

The success of this landmark event was made possible under the strategic guidance of:

- **Dr. Ravi Vaidya** (Dean, Student Affairs)
- **Prof. Nandkishor Joshi & Prof. Shweta Bhatia** (Club Mentors)
- **Dr. Pariza Kamboj** (Club Coordinator)
- **Student Team:** Dhruvi, Dhanvi, Fishan, Atharva, and volunteers.