



Department of Commerce

Faculty of Commerce


Reference No.....

Date: 21/05/2025

Notice

The Department of Commerce is pleased to announce the celebration of **International Yoga Day** on **21st May 2025**. This year's theme is "*Yoga for Harmony and Peace*", aligning with the spirit of holistic health and well-being.

Event Details:

 **Date:** 21st May 2025

 **Time:** 9:00 AM to 11:00 AM

 **Venue:** Seminar Hall, 3rd floor, E-Block, Integral University Campus



The event will include a yoga session led by a certified instructor, followed by a short awareness talk on the importance of yoga in daily life. All students, faculty, and staff of the Department are **cordially invited** to participate and make the event a success.

Please wear comfortable attire and bring your own yoga mat.

Let us come together to embrace the ancient wisdom of yoga and commit ourselves to a healthier lifestyle.


Prof. (Dr.) Adeel Maqbool
Vice-Dean

CREATIVE/POSTER OF THE EVENT

 **INTEGRAL UNIVERSITY** | 

DEPARTMENT OF COMMERCE
Organizes

*International
Yoga Day*



VENUE :- SEMINAR HALL (3RD FLOOR)
E - BLOCK
DATE :- 21ST MAY 2025
TIME:- 12:30 PM

FACULTY COORDINATOR	STUDENT COORDINATOR
MR. VIDIT SRIVASTAVA MR. FIROZ HAIDER ALVI	SHAHANAWAZ ALI NABIULLAH SIDDIQUI

Report

FACULTY OF COMMERCE

DEPARTMENT OF COMMERCE

In collaboration with Yoga Club

Under the Aegis of **Dean, Students' welfare**

Organizes

International Yoga Day on 21st May 2025

Dear All,

We are pleased to inform you that the Department of Commerce at Integral University, Lucknow, proudly celebrated **International Yoga Day on 21st May 2025** with great zeal and enthusiasm under the aegis of the **Dean Student Welfare**. The event was a part of the global initiative to promote health and wellness through the ancient Indian practice of yoga and aimed to foster awareness among students and faculty about the benefits of integrating yoga into daily life.

The session was graciously inaugurated by the **Vice Dean, Prof. (Dr.) Adeel Maqbool**, whose motivating address set the perfect tone for the celebration. In his speech, he emphasized the **relevance of yoga in contemporary life**, highlighting how it serves as a powerful tool to manage stress, improve concentration, strengthen the immune system, and bring about a sense of inner peace. He urged everyone present to embrace yoga as a regular practice for a balanced and healthy lifestyle.

The celebration began with a guided **yoga session**, where students and faculty members actively participated in performing a variety of yoga asanas and pranayama techniques. Some of the key postures included **Tadasana (Mountain Pose)** for improving posture and balance, **Vrikshasana (Tree Pose)** for concentration, **Bhujangasana (Cobra Pose)** for spinal flexibility, and **Shavasana (Corpse Pose)** for relaxation and mental calmness. The atmosphere was serene and rejuvenating, as participants immersed themselves in the rhythm of mindful breathing and movement.

To make the event more **interactive and intellectually stimulating**, two engaging activities were organized:

1. **Yoga Quiz Competition** – Designed to test the participants' knowledge about the history, philosophy, and scientific aspects of yoga. The quiz saw enthusiastic participation and served as an excellent platform for learning and fun.

2. **Essay Writing Competition** – Held on the theme “*Yoga for Well-being*”, this activity allowed students to express their understanding of yoga’s impact on physical and mental health. Participants shared thoughtful perspectives and creative insights, showcasing their awareness and appreciation of this ancient discipline.

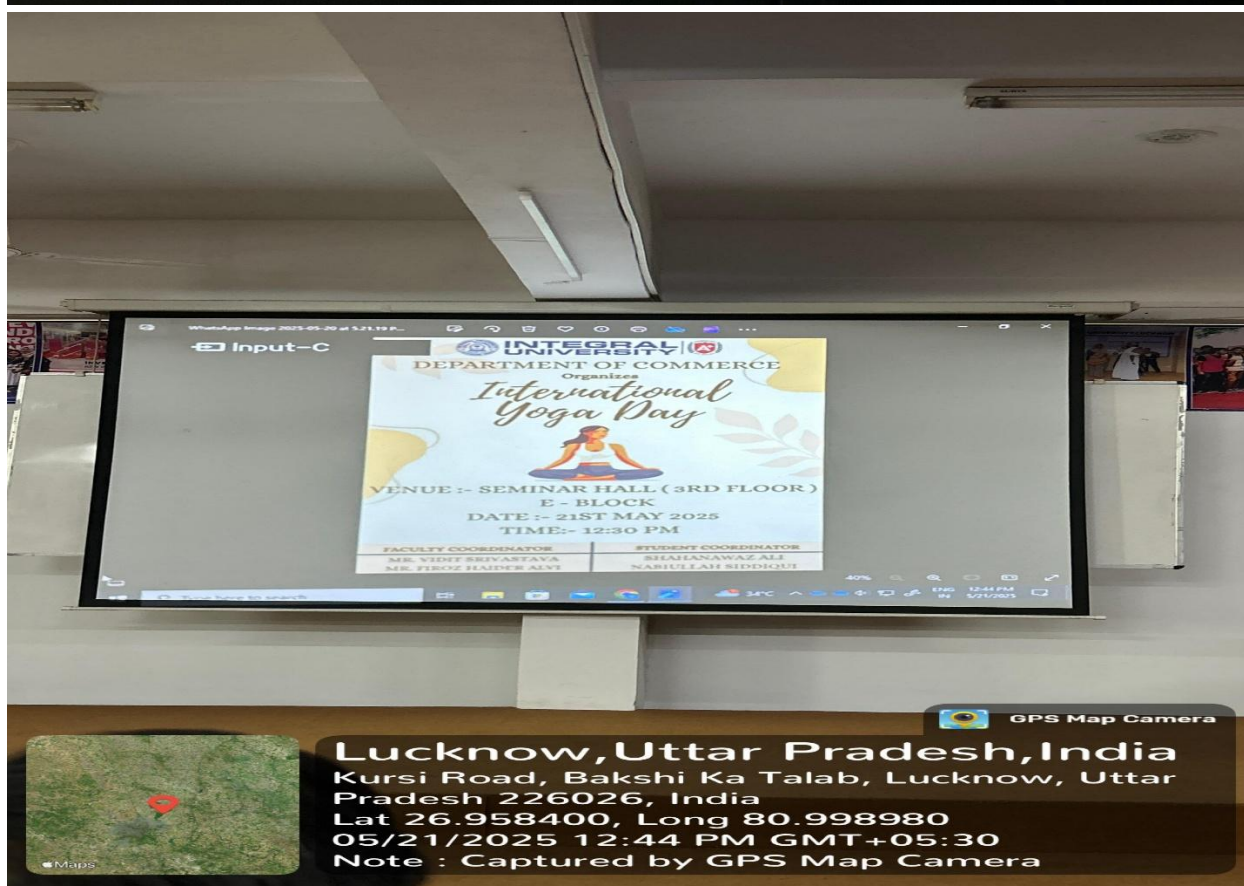
The event was meticulously coordinated by the dedicated **faculty coordinators, Mr. Vedit Srivastava and Mr. Feroz Haider Alvi**, who ensured that the program ran smoothly and efficiently. Their commitment was well complemented by the efforts of the **student coordinators, Mr. Shahnawaz Ali and Mr. Nabiullah Siddiqui**, who worked tirelessly to manage logistics, encourage participation, and create an energetic and welcoming environment.

The celebration of International Yoga Day 2025 was a **resounding success**, leaving a lasting impact on all who attended. It served not only as a physical exercise session but also as a **spiritual and educational experience**, reminding everyone of the importance of self-care, mindfulness, and holistic well-being. The event concluded with a vote of thanks and a collective pledge by participants to adopt yoga as a part of their daily routine. It was indeed a **wonderful, enlightening, and transformative experience** for the Department of Commerce community.

PHOTOGRAPHS OF THE EVENT







Attendance Sheet

Sr. No.	Name
1.	Prof. Adeel Maqbool
2.	Dr. Farhina Sardar Khan
3.	Dr. Shujauddin Khan
4.	Dr. Sultan Ahmad
5.	Dr. Farheen Siddiqui
6.	Dr. Neda Tasneem
7.	Dr. Aftab Alam
8.	Dr. Jamal Abdul Nasir Ansari
9.	Dr. Mansoor Ilahi
10.	Dr. Usman Ghani
11.	Dr. Mohammed Mustehsan
12.	Ms. Amisha Srivastava
13.	Mr. Vidit Srivastava
14.	Dr. Amna Siddiqui
15.	Dr. Monizah Parwez
16.	Dr. Swapnil Sharma
17.	Ms. Saba Fatima
18.	Mr. Feroz Haider Alvi
19.	Shifa Fatima
20.	Isba
21.	Alisha
22.	Taiyaba