

YOGA DAY & HARIT KRANTI CELEBRATION



Date: 18/06/2025

Venue: SSIPMT College, Raipur, Chhattisgarh

Title: Ek Ped Maa Ke Naam

Reporting Time: 10:00 AM

Yoga Day Celebration

On the occasion of International Yoga Day, a special program was conducted at SSIPMT College, Raipur, with the theme "Ek Ped Maa Ke Naam". The event focused on promoting physical, mental, and environmental well-being.

A total of 10 NCC cadets actively participated in the celebration. The event began with a short introduction about the importance of yoga in daily life and its contribution to maintaining harmony between mind and body.

About Yoga:

Yoga is a spiritual, mental, and physical practice that originated in ancient India. It helps in achieving inner peace, enhances flexibility, builds strength, and promotes a balanced lifestyle. Yoga is not only a fitness tool but a way of living that aligns individuals with nature.

Harit Kranti – A Green Revolution Initiative

As part of Yoga Day, the cadets also observed Harit Kranti, symbolizing a Green Revolution for Nature. The term Harit Kranti means "Green Revolution", which aims at creating awareness about environmental conservation and sustainability.

Why Harit Kranti on Yoga Day?

Yoga teaches harmony — not just with ourselves but also with nature. Combining yoga with tree plantation strengthens the message of living in sync with the environment. Trees are vital for clean air, biodiversity, and combating climate change. Hence, Harit Kranti was celebrated as a pledge towards a greener future.

Tree Plantation Activity – **“Ek Ped Maa Ke Naam”**

Following the yoga session, the cadets enthusiastically took part in a tree plantation drive under the campaign "Ek Ped Maa Ke Naam", where each tree was planted in the name of one's mother — honoring the life-giving essence of motherhood and nature.

Briefing Points Covered:

1. Importance of trees in balancing the ecosystem
2. Role of youth in environmental protection
3. Trees as oxygen providers and carbon absorbers
4. Promoting green campuses and sustainable living
5. Tribute to mothers through environmental action

Participation & Impact

No. of cadets: 10

Activities: Yoga session, Tree plantation, Awareness briefing

Outcome: Enhanced awareness on health, environmental care, and youth responsibility

Conclusion:

The Yoga Day and Harit Kranti celebration at SSIPMT College was a meaningful and impactful event. It not only strengthened the values of self-care and mindfulness through yoga but also emphasized the duty to protect and preserve the environment. The fusion of yoga with tree plantation truly embodied the spirit of "Ek Ped Maa Ke Naam".

GLIMPSES OF ACTIVITY

