

Celebrating Yoga: The Soul of Indian Wisdom at Ramgarhia Polytechnic College

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Â Ramgarhia Polytechnic College, Phagwara Â€“

Where Education Meets Inner Evolution

On the sacred occasion of International Yoga Day, Ramgarhia Polytechnic College, Phagwara stood as a proud torchbearer of IndiaÂ€™s ancient wisdom by organizing a soul-enriching yoga event that brought together students, faculty, and staff in a unified rhythm of breath, movement, and mindfulness.

Yoga is not just a posture Â€” it is a path to purpose, a bridge between the restless world outside and the stillness within. The event, held on June 21, 2025, was more than a celebration; it was a collective awakening Â€” a reminder that real education must go beyond textbooks to cultivate clarity, calmness, and character.

Â Under the serene morning skies, participants engaged in a sequence of asanas, pranayama, and guided meditation, led by skilled instructors. The energy was palpable, the discipline inspiring, and the silence Â€” powerful. The event reflected our institution's deep-rooted belief thatÂ a healthy mind and body are the foundation of a successful life.

In an era dominated by speed and screen-time, yoga offers a rare sanctuary Â€” a return to breath, balance, and being. Through this celebration, Ramgarhia Polytechnic College reaffirms its commitment to shaping not just skilled professionals, butÂ resilient, aware, and conscious individuals. As we move forward in a world full of distractions, may Yoga remain our anchor Â€”Â a timeless technology of inner engineeringÂ gifted by India to the world. ÂœInhale confidence. Exhale doubt. Yoga is not just exercise Â€” it is an inward revolution.Â• Â Yoga for Humanity | Yoga for Harmony | Yoga for TomorrowÂ

On the occasion of International Yoga Day, faculty members of the college participated with great enthusiasm Â€” some from home and some from campus. The spirit of wellness, unity, and mindful living was celebrated by all.

Here are a few glimpses of the faculty embracing yoga as a step toward a healthier and balanced life.

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