A Report on "INTERNATIONAL YOGA DAY" on 21th JUN 2019 at VIDYABHARTI TRUST, UMRAKH

College Name: S. N. PATEL INSTITUTE OF TECHNOLOGY & RESEARCH CENTRE, UMRAKH
SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAKH
BHULABHAI VANMALIBHAI PATEL INSTITUTE OF TECHNOLOGY, UMRAKH
VIDYABHARTI TRUST COLLEGE OF BBA & BCA,MCA UMRAKH
P. N. PATEL COLLEGE OF EDUCATION, UMRAKH

Event Name: INTERNATIONAL YOGA DAY"

Faculty Name: PROF. HITESH TAILOR, PROF. ASHISH PATEL,

Event Date, Time and Location: 21/6/2019, 8.15am to 9.15am, SNPIT & RC - AUDITORIUM

Brief Description of the Event:

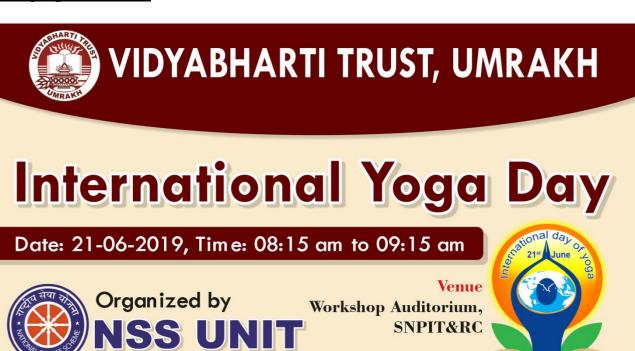
"Yoga is the journey of the self, through the self, to the self" -Verse-4, Chapter 15, Bhagavad Gita.

"Outwardly performing all actions but inwardly renouncing their fruits, the wise man, purified by the fire of transcendental knowledge, attains peace, detachment, forbearance, spiritual vision and bliss."

-Verse-1, Chapter 5, Bhagavad Gita.

The International Yoga Day-2019 was celebrated on 21st June 2019 in the auditorium of the institute to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. The campus community including students, staff, faculty and NSS Volunteers participated in this event (Approx 130). The event started at 8: 15 AM in the morning. The session was started with a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas. Various Asasnas were performed as per the guidelines given by the AYUSH MINISTRY (CYP- Common Yoga Protocol's). These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position(Bhadarsan, Shashankasan etc.), Sleeping position on stomach (Bhujanhgasan, Makrasan etc.), Sleeping position (Sarvangasan, Shavasan).

During the function various Yoga Aasanas along with benefits explained by the Yoga Expert, Prof. Ashishkumar A. Patel. He stressed on the need of practicing Yoga and Yoga as a way of life. The entire campus participated wholeheartedly towards the success of this grand event.



Vidyabharti Campus, At & Po Baben, Ta: Bardoli, Dist: Surat-394601 Yoga for Harmony & Peace







