

**A Report on “INTERNATIONAL YOGA DAY” on 21<sup>th</sup> JUN  
2019 at VIDYABHARTI TRUST, UMRACH**

**College Name:** S. N. PATEL INSTITUTE OF TECHNOLOGY & RESEARCH CENTRE, UMRACH

SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRACH

BHULABHAI VANMALIBHAI PATEL INSTITUTE OF TECHNOLOGY, UMRACH

VIDYABHARTI TRUST COLLEGE OF BBA & BCA, MCA UMRACH

P. N. PATEL COLLEGE OF EDUCATION, UMRACH

**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 21<sup>st</sup> 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 Asanas 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 (Bhujanghasan, Makrasan etc), Sleeping position (Sarvangasan, Shavasan).

During the function various Yoga Asanas 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 TRUST, UMRAKH**

# International Yoga Day

Date: 21-06-2019, Time: 08:15 am to 09:15 am



Organized by  
**NSS UNIT**

Venue  
Workshop Auditorium,  
SNPIT&RC



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













