



A Report

on

International Yoga Day Celebration (21 June, 2021)



In Association with Gujarat Technological University

Yoga and Spiritual Club

Sarvajani College of Engineering and Technology

Dr. R. K. Desai Marg, Athwalines, Surat-395001

Gujarat.

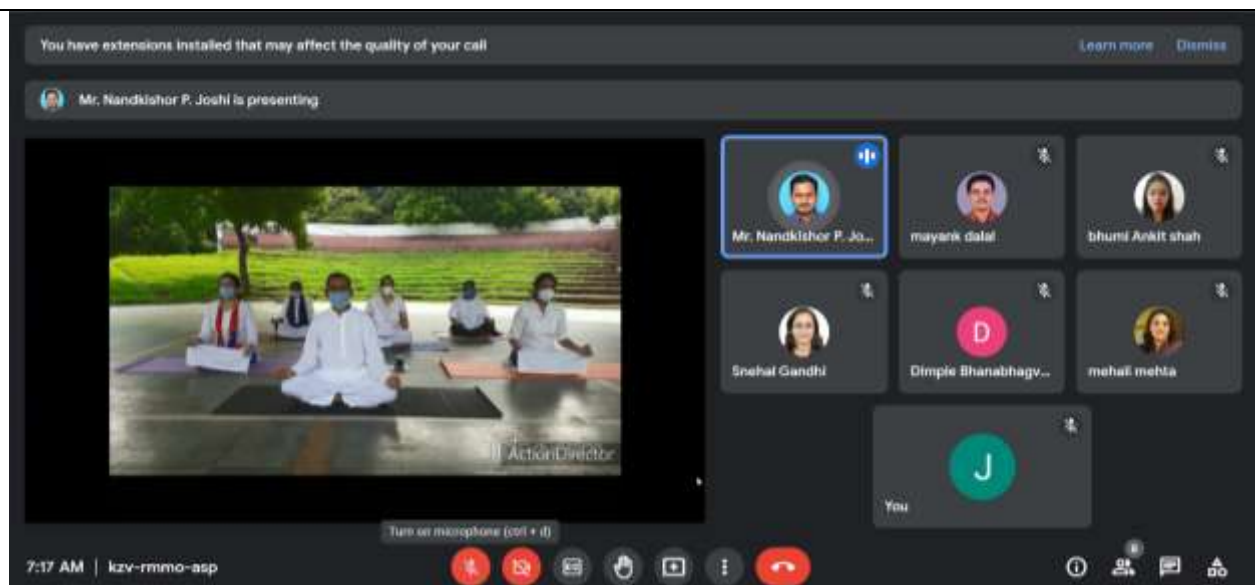
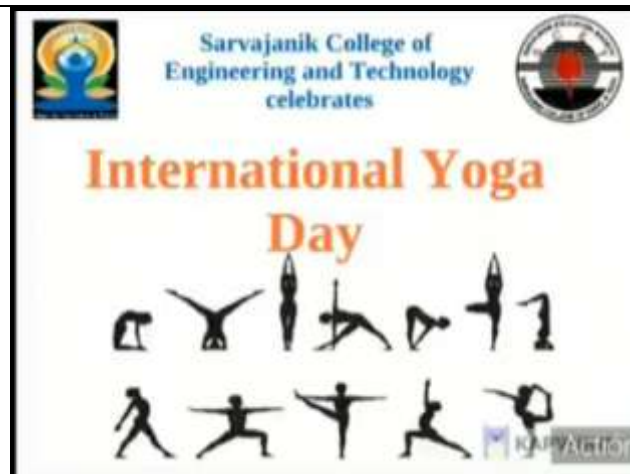
Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modijee, 21st JUNE has been declared as 'International YOGA Day'. Yoga has not been limited and restricted to any community, religion, area, nation, society or any individual economy, but today the entire world has accepted and started practicing Yoga. The Whole credit for this is completely vested to our ancient cultural roots. Gujarat Technological University (GTU) has also been involved in organizing International Yoga day celebration at GTU affiliated institute.

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax. Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our stress and anxiety.

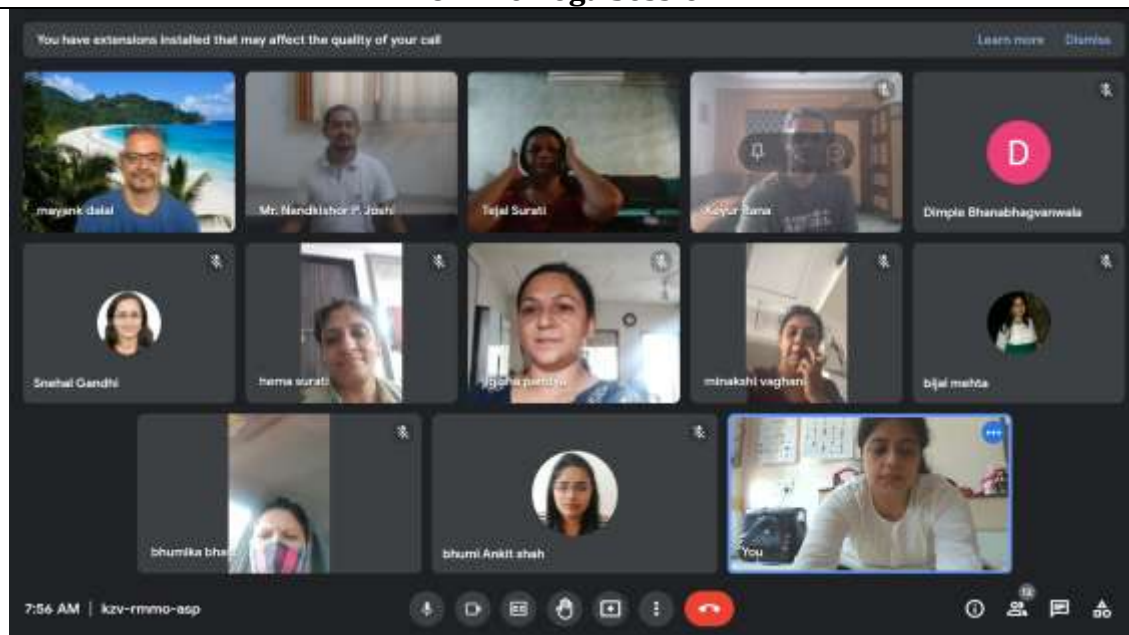
On, World yoga day, the session was conducted by Prof. Nandkishor Joshi and other yoga club team members during 7:15 a.m to 8:00 a.m. Due to pandemic, this year yoga session was done online. Team members of Yoga committee have given their precious time to shoot video for Yoga. Faculty members and students participated enthusiastically in the Yoga session. It started with the prayer 'Asto maa sadgamay' followed by Omkar naad. The sequence of Yoga activities was as follows.

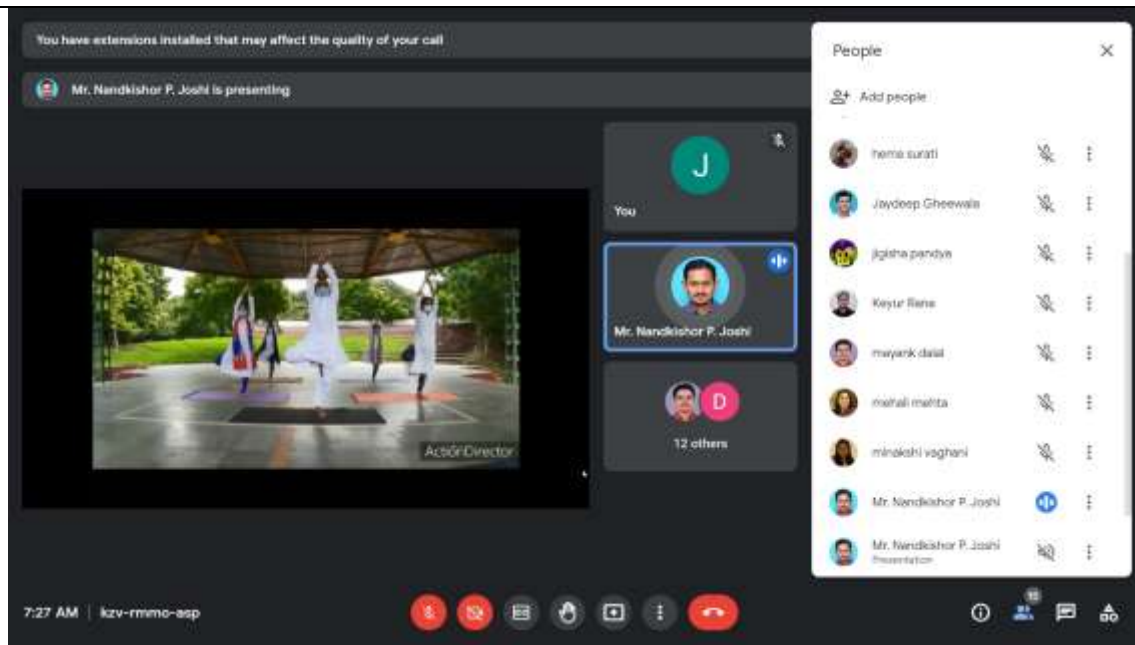
- Sukshma Vyayama (Neck movement, Left-Right, Up-Down, 45 degree)
- Neck rotation: clockwise and anticlockwise
- Palm movement: Up-down
- Wrist rotation: Clockwise and anti clockwise
- Shoulder rotation
- Leg movement: Up-Down, Rotation
- Warm up (Jogging and Jumping)
- Standing Asanas (Body twisting, Trikonasan, Ardha chakrasana, Tadasana, Padma hastasana)
- Pranayama (Kapalbhati, Anulom vilom)
- Sitting Asanas (Vakrasana, Padma paschimottasana)
- Lying Asanas (Bhujangasana, 90 degree leg lifting, sarvangasana)
- Meditation and relaxation.

Some Glimpses of the Yoga day Activities



Online Yoga Session







YOGA CLUB, SCET



Prof. (Dr.) Keyur Rana
Professor, CO Dept.
DEAN, SAWC



Prof. Nandkishor Joshi
Asst. Prof. IC Dept.
Yoga Club Coordinator

Yoga club committee members



Prof. Bhumi Shah
Asst. Prof. Mech. Dept.



Prof. Snehal Gandhi
Asst. Prof. CO. Dept.



Prof. Dimple
Bhanabagwanwala
Asst. Prof. Ele. Dept.



Prof. Krishna Vakhariya
Asst. Prof. Ele. Dept.



Prof. Jayana Ahuja
Asst. Prof. MCA. Dept.



Prof. Hema Surti
Asst. Prof. Maths. Dept.



Prof. Bhumi Bhatt
Asst. Prof. CO. Dept.



Prof. Ashish Bhatnagar
Asst. Prof. C



Our source of inspiration



Professor (Dr.) Hiren H. Patel
Principal, SCET

ACKNOWLEDGEMENTS

We, Yoga club members acknowledge the support provided by every single faculty, staff members and students to make the event grand success.

We also thank, Honorable Principal sir Dr. Hiren Patel along with Dr. Keyur Rana, Dean SAWC for granting permission for the said event & extending all the supports required.

Lastly, thank you to all the resource persons and participants without whom the workshop could not have been planned or executed.