



A Report
on
International Yoga Day Celebration
(21 June, 2022)

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.



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.

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of June 21, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world. The Whole credit for this is completely vested to our ancient cultural roots. Gujarat Technological University (GTU), Sarvajanik University, Sarvajanik College of engineering and Technology and Yoga & spirituality club have been involved in organizing International Yoga day at TIFAC hall.



World yoga day, the session was conducted by Prof. Nandkishor Joshi and other yoga club team members during 8:30 a.m to 9:30 a.m. Along with Sarvajanik Engineering and technology Sarvajanik Architecture has also actively participated in Yoga day celebration. Event was graceful with the presence of honorable Provost Sarvajanik University. Prof. Persi Engineer.

After pandemic yoga session was done in physical mode. 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 'Aigiri Nandini' 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, Ardhashakrasan, Tadasan, Pad-hastasan)
- Pranayama (Kapalbhati, Anulomb vilomb)
- Sitting Asanas (Vakrasana, Pad paschimottanasana)
- Meditation and relaxation.

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 Occasion of 8th International Yoga day Yoga Club ,SCET has arranged Pre Yoga workshop for 1st year students of Textile , Electronics and communication ,Computer ,Mechanical , Chemical, Electrical, AIDS, Civil (A,B,C,D,E,F,G,H Divisions) and all teaching faculties in reading hall from 13th June 2022 to 20 June 2022 for 1 hour 9:00AM to 10 AM.



Sarvajanik University
Sarvajanik College of Engineering & Technology
Towards progressive civilization...

YOGA Club SCET,
Present

**PRE YOGA
WORKSHOP - 2022**

Date : 13th to 20th june

Convenor PROF. NANDKISHOR JOSHI	Patron PROF. DR. HIREN PATEL (PRINCIPAL, SCET)
---	---

Venue :
Library Reading Hall

Time 09:00 To 10:00 AM
03:00 To 04:00 PM

For any Queries:

- Prof. Nandkishor Joshi- IC engineering Dept.
- Prof. Bhumiika Bhatt- CO engineering Dept.
- Prof. Dimple Bhanabhagwanwala- Electrical engineering Dept.
- Prof. Hema Surti- Maths Dept.
- Prof. Jayana Ahuja- MCA Dept.
- Prof. Ashish Parmar- Chemical Dept.

#योग_भगाए_रोग



SARVAJANIK EDUCATION SOCIETY



Sarvajanik College of Engineering & Technology

Towards Progressive civilization...

Celebrating



INTERNATIONAL DAY OF



Date: 21 June 2022 Timing: 8:30 AM onwards
Venue: TIFAC Hall.



Some Glimpses of the Yoga day Activities









YOGA CLUB, SCET



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



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

Committee Members



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



Prof. Bhumika Bhatt,
Asst. Prof., CO Dept.



Prof. Dimple
Bhanabhagwanwala,
Asst. Prof., ELE Dept.



Prof. Hema Surti, Asst.
Prof., ASH Dept.



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



Prof. Ashish Parmar,
Asst. Prof., CHE Dept.

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.