



A Report on

International Yoga Day Celebration (21 June, 2017)



In Association with Gujarat Technological University
Organized and Co-ordinated by

Yoga 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.

To have practice of yoga, the International yoga day celebration was preceded by 2 days pre-yoga workshop (19-20 June, 2017) at our institute in which around 40 faculty members and students enthusiastically participated.

On 21st June, the program started with the announcement of '**SCET Recreation**

Club', by our beloved principal madam, Prof. (Dr.) Vaishali Mungurwadi wherein, we can plan some recreational activities for the improvement of our social connectivity among the family members. Under this Club, we can arrange activities like SCET Foundation Day, Lecture Knowledge Series on various topics such as Life Insurance, Health Check-ups, Medical Camps, Sports Events, Pleasure Trips and talk on Creativity and Inspiration by professional experts, workshops on leadership, stress management and work ethics, etc.

Then, the session was conducted by Prof. Nandkishor Joshi and other yoga club team members during 7.00 a.m to 8.00 a.m at Amphitheater, SCET. Around 200 faculty members and students participated enthusiastically in the Yoga session. It started with the prayer 'asto maa sad gamay' followed by omkar naad. The sequence of Yoga activities were 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 chakrasan, Tadasan, Padma hastasan)
- Pranayama (Kapalabhati, Anulom Vilom)
- Sitting Asanas (Vakrasana, Padma paschimottanasana)
- Lying Asanas (Bhujangasan, 90 degree leg lifting, sarp kriya)
- Meditation and relaxation.

All the participants performed and enjoyed all the yoga activities whole heartedly. The session was followed by Tulsi juice, Tea and Breakfast. The participants raised their desire that such activities should be organized regularly at our institute.

Some Glimpses of the Yoga day Activities



Honorable Principal madam announcing about '**SCET Recreation Club**'



Prayer at the beginning



Enthusiastic staff members of SCET



Participants involved in Yoga Activities



Participants involved in Yoga Activities



Participants involved in Yoga Activities



Participants involved in Yoga Activities

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 madam Dr. Vaishali Mungurwadi and Dr. Mayank Dalal, Dean SAWC as well as SES management for granting permission for the said event & extending all the supports required. We are also thankful to Prof. Persi Engineer, Principal, Faculty of Architecture, SCET for his gracious presence and enthusiastic participation.

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