



REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

(21ST JUNE, 2024)



Sarvajnik college of Engineering & Technology

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



International Yoga Day Celebration

Date: 21st June 2024 Time: 08:00 AM to 09:00 AM
Venue : SU Seminar Hall (TIFAC)



Sarvajani Education Society
Sarvajani College of Engineering & Technology
Dr. R. K. Desai Marg, Athwalines, Surat-395001



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International Yoga Day is celebrated every June 21. On September 27, 2014, during his speech at the UN General Assembly, Prime Minister Narendra Modi put forth his suggestion for the occasion of a 'Yoga Day' on 21st June, as it is the longest day of the year in the Northern Hemisphere. The objective of this day is to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

The Theme for Yoga 2024 was 'Yoga for Self and Society'. Yoga provides a holistic approach to health and well-being that assists in restoring balance in our busy lives.

10th International Yoga Day was celebrated by the students and the faculty members of Sarvajanic college of Engineering & Technology, as well as by the Architecture college on 21st June 2024 with great eagerness and enthusiasm. It was conducted by Prof. Nandkishor Joshi (Yoga Club coordinator, SCET) and other yoga club team members during 8:00 a.m to 9:00 a.m.

It started with the prayer 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
- 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.

The program concluded with the recitation of Shanti Mantra and the students and teachers carrying home the message that, "Yoga is not for only one – it's for everyone, Yoga is not for a day- it's for every day."

Some of the best yoga quotes:

- *“The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.”* - B.K.S. Iyengar
- *Yoga is a mirror to look at ourselves from within”* - B.K.S. Iyengar
- *“Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.”* –
Buddha

Some Glimpses of the Yoga day 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, Honourable Principal sir Dr. Hiren Patel along with Dr. Mayank Dalal, 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.



Thankyou