



A Report on

## International Yoga Day Celebration

(21 June, 2019)



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

### **Yoga and Spiritual Club**

Sarvajanik College of Engineering and Technology  
Dr. R. K. Desai Marg, Athwalines, Surat-395001  
Gujarat.

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Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modijee, 21<sup>st</sup> 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 on 19-20 June,2019 at our institute in which faculty members and students enthusiastically participated.

On, 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 at Tifac Core, SCET. Around 100 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 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)
- 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 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**



Enthusiastic staff members of SCET



Participants involved in Yoga Activities



Yoga Activities



Participants involved in Yoga Activities



Participants involved in Yoga Activities



SCET Yoga and Spiritual Club Team

### **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, Prof. Ratna Jadwani, Associate 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 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.