

# Gandhinagar Institute of Technology

A Report on

“ 7<sup>th</sup> International Yoga Day ”

21<sup>st</sup> June 2021, Monday

## **Introduction:**

Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people used meditation as a means to purify and rejuvenate the body and mind. It was proposed by Prime Minister Narendra Modi in his speech at the United Nations General Assembly (UNGA) on September 27, 2014. Since 2015, International Yoga Day is celebrated every year on June 21.

## **Objective:**

The International Day of Yoga is celebrated with an objective to let people know the amazing and natural benefits of yoga as well as to feel connected with nature and universal consciousness. Yoga also helps people in getting relief from stress, anxiety and physical and mental disorders. Yoga Day celebration bring communities much close together to spend a day of health and harmony from busy schedule which results in enhanced global coordination among people.

## **Event Details:**

With the Immense support of the Trustees and under the persistent guidance and inspiration by Dr. H N Shah (Director of Institute) the Gandhinagar Institute of Technology has celebrated 7<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2021 by organizing Yoga Practice Session on virtual platform with much fervor and enthusiasm by students, faculties and staff members of the institute. Around 100 participants were present in the session.

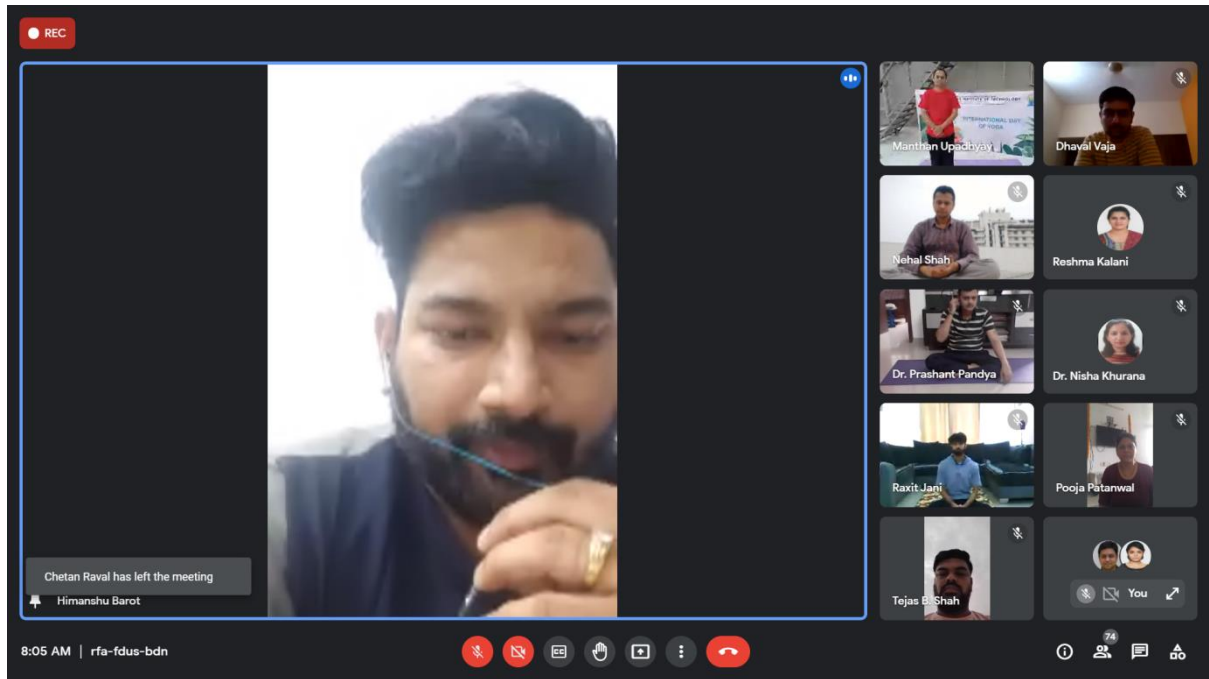
The online assembly and celebration depicted the innumerable benefits of Yoga. In this pandemic situation of COVID-19, the event started at 7:00 AM in the morning through google meet with the Prayer of Sage Patanjali, Omkar chanting and introduction of Yoga. The yoga coordinator Prof. Manthan Upadhyay explained that Yoga is the scientific way of living healthy and increasing life expectancy and listed benefits and importance of mind, body and soul nourishment through yoga with proper scientific instructions for performing all the yoga asanas, pranayams and Warm Ups and stretching exercises.

Prof. Amit Patel (Yoga Team Member) demonstrated various asanas like Tadasan, Vrikshasana, Bhadrasana, Pawanmuktasan, Ushtrasana, Surya Namaskar etc., various pranayams like Kapalbhathi, Sitali, Nadishodhana were performed very enthusiastically by all the participants.

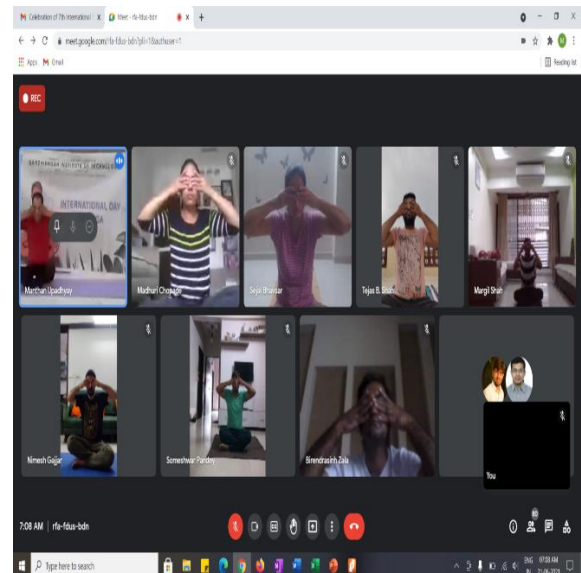
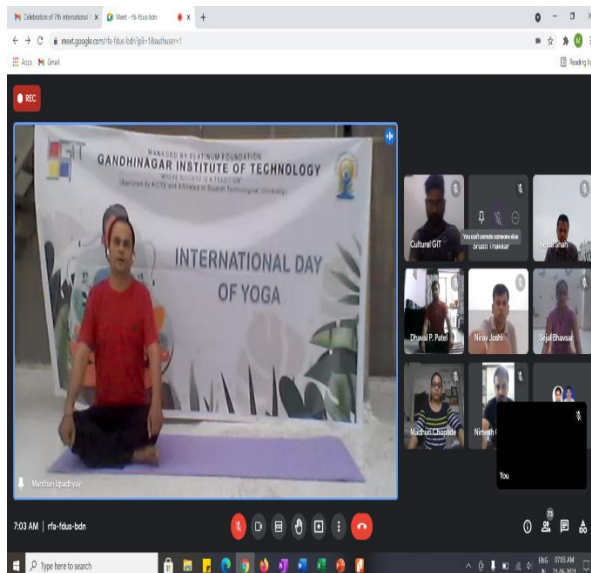
The yoga team actively assisted the participants for attaining the correct postures during the whole practice session. The event successfully ended with the shanti mantra and motivational message sent by Dr. H N Shah with which the whole environment got filled with positive emotions.

The event was effectively accomplished by consistent efforts of GIT Cultural committee and GIT Yoga Team (Prof. Manthan Upadhyay (Coordinator, ME), Prof. Amit Patel-ME), Prof. Chintan Barelwala-ME, Prof. Hetal Shah-CE, Prof. Pooja Patanwal-CL).

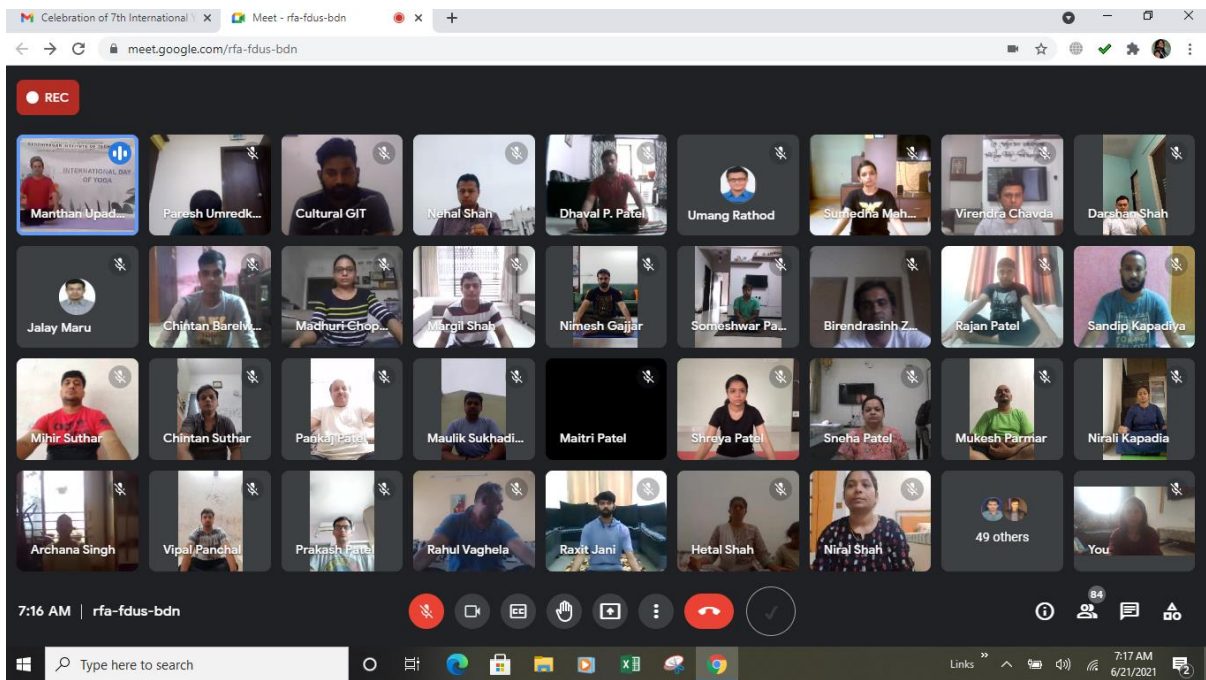
### Photo Gallery:



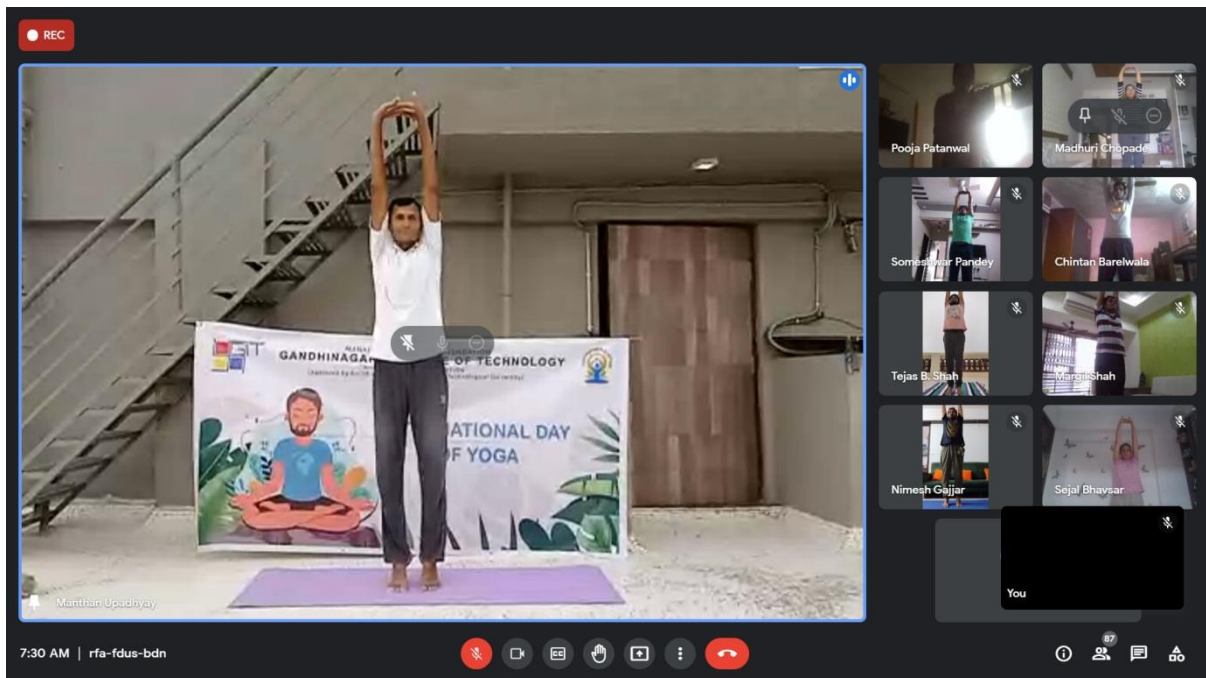
### Welcome speech by Culture Coordinator Prof. Himanshu Barot



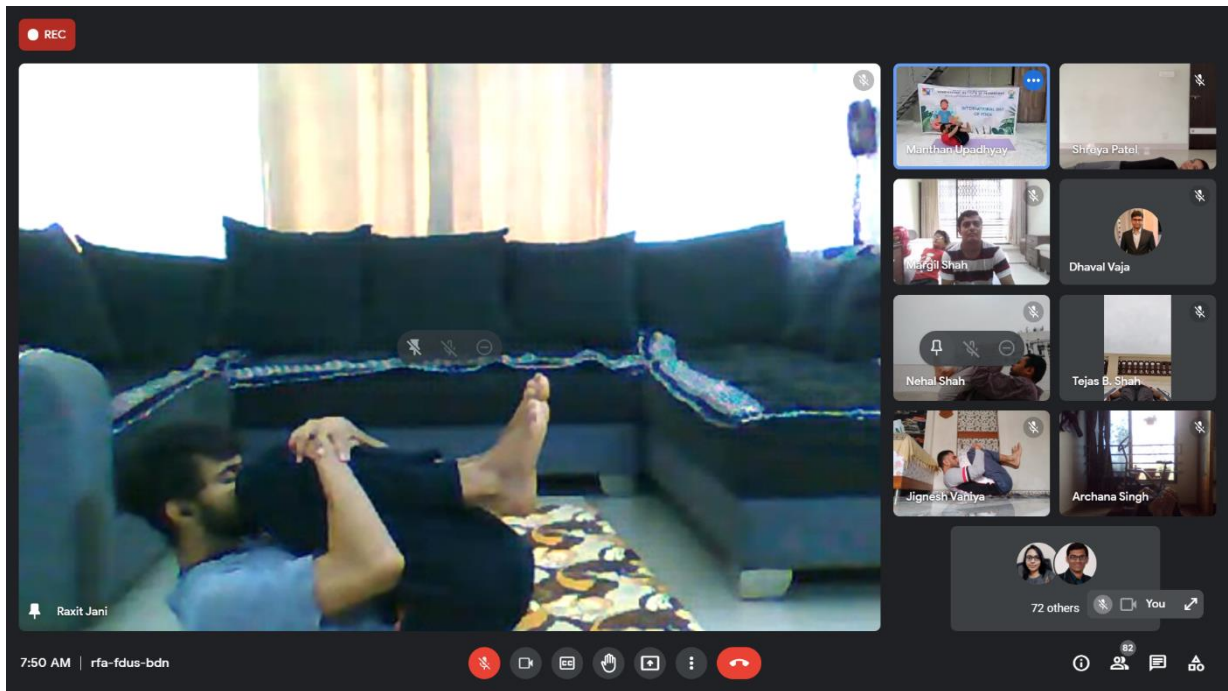
### Beginning of Session by Pranayam



**Large number of Participants were present during yoga session**



**Standing Yogasan Session**



**Faculty Members performed yoga on theme of “Yoga at Home” & “Yoga with Family”**