



# Gandhinagar Institute of Technology

A Report on

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

21<sup>st</sup> June 2022, Tuesday

## **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. After an initiative taken under the visionary leadership of Hon. Prime Minister of India, Shri Narendrabhai Modi, United Nations General Assembly has declared in Dec 2014, 21st June as an International Yoga Day and it is a matter of pride and joy for India to celebrate this day every year. The day was chosen as it is the longest day of the calendar year, a day connected with Sun, light and nature and not a day of personal importance.

## **Objective:**

Yoga embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, a holistic approach to health and well-being. Yoga is very necessary and beneficial for all human beings if it is practiced on daily basis in the early morning. 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.

## **The Schedule:**

Gandhinagar Institute of Technology has celebrated International Yoga Day for the seven time on 21st June 2021 by organizing Yoga Practice Session with the immense participation by students and teaching and non-teaching staff of the institute. In this pandemic situation of COVID-19, the event started at 7:00 AM onwards at open air theatre with the Prayer of Sage Patanjali, Omkar chanting and introduction of Yoga. The yoga instructors 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 and pranayams. Various asanas like Tadasan, Vrikshasana, Bhadrasan, Ushtrasan, Surya Namaskar etc., various pranayams like Kapalbhata, Anulom-Vilom, Shitali and Bhramari Pranayam and Marma therapy 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. Yoga develops strength and balance as well as inner peace. All yoga styles created a feeling of lightness, happiness and relaxation.

The event successfully ended with the shanti mantra with which the whole environment got filled with positive emotions. A pledge was taken by each and every participant for practicing Yoga every day and motivate others as well. The event was effectively accomplished under the persistent guidance of Dr. H N Shah, Director of the Institute, and consistent efforts of GIT Yoga Team (Prof. Manthan Upadhyay (Yoga Coordinator), Prof. Hetal Shah, Prof. Pooja Patanwal, Prof. Chintan Barelwala, Dr. Rachana Shukla, Mr. Ashwin Rajput).

Vote of thanks was offered by Prof. Nirav Joshi Event was successful with the support of everyone.

**Photo Gallery:**



**Inauguration of Event with prayer**





**Omkar Chanting and Breathing Exercise**



**Warmups and stretching exercises**



**Standing Asanas**



**Sitting Asanas**



**Surya Namaskar**



**Speech by Prof. Nirav Joshi**



**Group Photo**