



# Gandhinagar Institute of Technology

A Report on  
“International Yoga Day”  
21<sup>st</sup> June 2017

## **Introduction:**

Yoga was originated in India in ancient time when people used meditation as a means to purify and rejuvenate the body and mind. Yoga is an invaluable gift of India's ancient tradition. United Nations General Assembly has declared in 2014, 21st June as an International Yoga Day and it is a matter of pride and joy for India. In India, under the visionary Leadership of Hon. Prime Minister Shri Narendra bhai Modi, 21st June has been celebrated as International Yoga Day.

## **An 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. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change.

## **The Schedule:**

Gandhinagar Institute of Technology celebrated International Yoga Day on 21<sup>st</sup> June 2017 in which a number of activities were taken place with the immense support of Students and Teaching & Non-teaching Staff of the College. The event started at 7:00 AM in the morning with the Yoga Demonstration, in which a large number of Students, Teaching & Non-teaching Staff, etc. participated. Coordinators performed Pranayama, Omkar Chanting, Breathing Exercise, Suryanamaskar, and several Standing and seating Asanas. Coordinators reckoned many benefits of early rising and practicing yoga. Speaking to the assembly they also pointed out the contribution of yoga in maintaining fitness and good health and how it helps students to memorize something and understand a concept and its context. Yoga is the scientific way of living healthy and increasing life expectancy.

The event successfully ended with the national anthem and a pledge that each and every participant will start practicing Yoga from today onwards and motivate others as well. The event was effectively accomplished under the persistent co-ordination of Event coordinator Prof. Prashant Pandya, yoga coordinators Prof. Leena Patel, Prof. Naman M. Dave, Prof. Vineeta Nishad and also the remarkable efforts by faculty coordinators of Yoga team of the Institute. The event was concluded with a very encouraging speech by Dr N M Bhatt sir who appreciated and praised the efforts and the conduction of the whole event.

## **Photo Gallery:**



**Inauguration of Event with prayer**



**Yoga Co-ordinators of the Institute**

**Performed warm up movements**



**Performance of Bujangasana**



**Performance of Tadasana**



**Performance of Vrikshasana**



**Performance of a Suryanamaskar**



**Suryanamaskar performed by coordinators**



**Appreciating and Encouraging speech by Director Sir Dr N M Bhatt**



**Dr N M Bhatt Director of GIT with HODs of all department and GIT Yoga team**