



## A Report on Event “10<sup>th</sup> International Yoga Day” 21<sup>st</sup> June 2024, Friday

**Level: - University**

**Category: - Event**

**Date: - 21/06/2024 (One Day)**

**Coordinator name:**

**Dr Mihir Suthar, Assistant Professor, Gandhinagar Institute of Technology**

**Objective:**

The mental, physical, and spiritual practice of yoga is thought to have originated in India some 5,000 years ago. In the past, when people in India employed meditation to purify and renew their bodies and minds, this practice became known as yoga. The United Nations General Assembly designated June 21, 2014, as International Yoga Day in December 2014 as a result of an initiative led by the visionary leadership of India's Hon. Prime Minister, Shri Narendrabhai Modi. India celebrates this day every year with pride and delight. The day was picked because it is the longest day of the year, and is associated with the sun, light, and nature.

International Yoga Day aims to globally raise awareness about the numerous benefits of practicing yoga. This ancient discipline not only promotes physical health but also fosters inner peace, joy, and a deeper connection between one's inner consciousness and the external world. Through yoga, individuals can experience improved well-being on multiple levels, enhancing both mental clarity and physical vitality. This celebration underscores yoga's transformative potential in promoting holistic health and spiritual growth across diverse cultures and societies worldwide.

**About Event:**

Gandhinagar University celebrated 10<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2024 in collaboration with National Service Scheme (NSS). According to a circular of the Commissionerate of Higher Education - Government of Gujarat, Faculty members, Staff members and Students of Gandhinagar University actively participated in this event.

On 21<sup>st</sup> June 2024, Gandhinagar University celebrated International Yoga Day for the tenth time in collaboration with the National Service Scheme (NSS). The event started at 7:00 AM at the Open-air theatre with prayer of sage Patanjali, Omkar chanting and introduction of Yoga. During the celebration of International Yoga Day at Gandhinagar University, yoga instructors elaborated on how yoga is a scientific technique that promotes a healthy lifestyle and extends life expectancy. They likely highlighted the physiological and psychological benefits of regular yoga practice, such as improved flexibility, strength, balance, and stress reduction. Moreover, they may have emphasized how yoga's holistic approach contributes to overall well-being, enhancing both physical health and mental clarity. By integrating scientific explanations with practical demonstrations, the instructors aimed to inspire participants to incorporate yoga into their daily routines for

long-term health benefits. They also mentioned the advantages and significance of mind, body, and soul feeding through yoga and provided detailed scientific directions for carrying out all of the asanas and pranayama. He discussed the importance of Surya Namaskar, and the present members followed the instructions and performed the asanas effectively. All the participants performed a variety of asanas with great enthusiasm, including Tadasan, Vrikshasan, Bhadrasan, Ushtrasan, Surya Namaskar, etc., as well as a variety of pranayams, including Kapalbhathi, Anulom-Vilom, Shitali, and Bhramari Pranayam.

During the event, Mr. Ram Gopal Parihar, the President of Lajpatrai Mehra Neurotherapy Research and Training Institute in Thane, served as a special guest. He delivered a motivational talk highlighting the benefits and techniques of Neurotherapy to the participants. His presentation focused on natural healing therapies for various diseases, providing valuable insights and knowledge to participants.

Ms. Vinita Rohera, the Vice President of Gandhinagar University, honored the top three counselors involved in the GU Admission process at the event's conclusion. She also delivered a motivational speech to encourage faculty members to continue striving for excellence in their roles.

The event successfully ended with the Shanti mantra with which the whole environment was filled with positive emotions. The successful execution of the International Yoga Day event at Gandhinagar University was attributed to the persistent guidance and leadership of President Mr. Haresh Rohera, Vice President Ms. Vinita Rohera, Vice Chancellor Prof (Dr) Kamallesh V.N., and the dedicated efforts of the administrative staff and the Yoga Team. Their collective supervision ensured smooth organization and coordination throughout the event. Their commitment to promoting yoga as a means of holistic health and well-being resonated throughout the university community, fostering a memorable and impactful celebration of yoga's profound benefits.

#### **Photo Gallery: -**



**Inauguration of Event with prayer**



**Omkar Chanting Exercise**



**Standing Asanas**



**Standing Asanas**



**Sitting Asanas**



**Surya Namaskar**



**Motivational Speech by Special Guest Mr Ram Gopal Parihar**



**Flexible Task given by Yoga Team member**



**Star Performer of Admission Counselling felicitation by Ms Vinita Rohera, Vice President, GU**



**Star Performer of Admission Counselling felicitation by Prof (Dr) Kamalesh V.N., Vice Chancellor, GU**



**Star Performer of Admission Counselling felicitation by Special Guest Mr Ram Gopal Parihar**



**Group Photo**