



B.V. Patel Institute of Management, Uka Tarsadia University



Date: 21/09/2019

International Yoga Day

On the occasion of International Yoga day on 21st June, 2019, Spiritual club of B. V. Patel Institute of Management conducted yoga session for students of B. V. Patel Institute of Management. Yoga develops strength and balance as well as inner peace.

All yoga styles create a feeling of lightness, ease and relaxation. Dr. Rajal Sukhiyaji, who is a Certified Aerobics Trainer, Pilates, Power Yoga Trainer and also sports physiotherapist from Shrimad Rajchandra College of Physiotherapy, UTU was invited to demonstrate various “asanas”, to students.

The Yoga session was started with a brief introduction, benefits and the usefulness of Yoga and correct methods of doing yoga. Dr. Rajal also listed importance of mind, body and soul nourishment through YOGA. The session was followed with a round of warm up exercises, various asanas like Suriyanamaskar, Makarasana, Tadasan, Vrikshasana and Power yoga were performed and its uses, followed by relaxation exercise. The program was very well received by the participants.

