



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



Date: 21/06/2023

### Theme of the day: “9<sup>th</sup> International yoga day celebration”

**Objectives of Session:** The main objective behind this session is to make this ancient practice popular among the present generation of people who are unaware of its benefits.

**Outcomes of Session:** At the end of its students got importance of Yoga in their life & how to maintain the harmony between body and mind. They also got mental clarity and calmness and increased body awareness.

Date	21-06-2023
Time	10:00 am to 11:00 am
Venue:	BVPIM Prayer Assembly Hall
No. of Students:	100
Name of speaker	Team of Physiotherapy students
Coordinator:	Dr. Taral Patel, Dr. Divya Gadaria and NSS team
Category	NSS club

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual powers that yoga has brought to the world.

Today, on 21<sup>st</sup> June 2023, B.V. Patel Institute of Management celebrated 9<sup>th</sup> International Yoga Day. The event began with a brief introduction on Yoga Day by Dr. Chinmay Desai Registrar of Uka Tarsadia University. It was attended by many Professors, Directors, and Students.

Our instructor from SRCP college guided students with warm up exercises and all the students practiced & performed standing sitting asanas, Chakrasana, Sirshasana, Tadasana , warrior pose, to name a few and concluded with meditation along with calm background music for a peaceful and relaxed mind . Importance of these asanas were explained simultaneously.



The celebration concluded with the speech of Dr. Divya Gadaria, she encouraged students to practice regular yoga to remain fit and improve concentration. The students discussed the importance of yoga and exhibited yoga postures and promised to introduce this activity in their daily lives. The International Yoga Day celebration ended with a huge success, enthusiasm freshness and in students.