

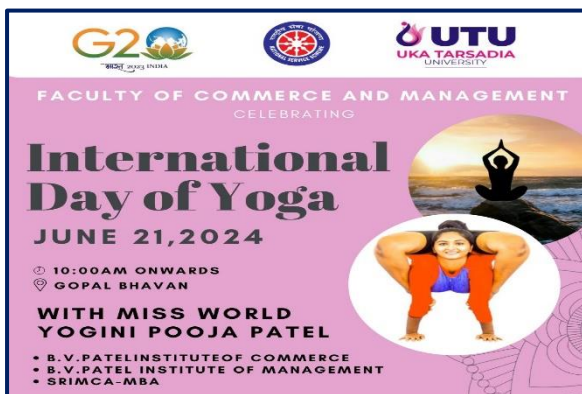


Session on International Yoga Day 2024

Date: 21/06/2024

Date of Event	21-06-2024
Venue	Gopal Bhavan Auditorium
Time	10:00 to 11:30
Total No. of Participants	100 – TYBBA
Expert Name	Ms. Pooja Patel, World Miss Yogini and International Yoga Trainer
Event Coordinator	Mr. Dharmaraj Solanki and UTU NSS team (Dr. Divya Gadaria and Dr. Hardik Vyas) (NSS unit of Uka Tarsadia University in collaboration with the Faculty of Commerce and Management)
Event Category	NSS and Environment Club
Program objective	The main objective of the program was to celebrate international yoga day and understand the benefits of yoga in daily life.
Program outcomes	At the end of program, students get benefits from Yoga in Daily life and how it help for holistic health and well-being.

On June 21, 2024, the NSS unit of Uka Tarsadia University, in collaboration with the Faculty of Commerce and Management, celebrated International Yoga Day. International Yoga Day is observed on June 21 every year, coinciding with the summer solstice. The day was declared by the United Nations in 2014, with a record 175 member states endorsing the resolution. Yoga is an ancient Indian practice that has gained worldwide popularity for its physical, mental, and spiritual benefits.



Ms. Pooja Patel, a three-time recipient of the World Miss Yogini Title from Mehsana, conducted the entire event. She was felicitated by Dr. Chinmay Desai, Registrar- UTU; Dr. Vijay Gondaliya, Director - BVPIM; and Dr. Arpana Patel, Director - BVPIC. The event was hosted by Dr. Divya Gadaria.



Around 100 students of TYBBA, along with all teachers from departments, participated enthusiastically in the event. Ms. Pooja Patel demonstrated various yoga postures including Dhanoorasan, Suryanamaskar, Taadasan, Bhastrika, Anulom Vilom, and Omkar meditation. She also emphasized the significance of incorporating yoga and pranayama practices into daily life.

This year's theme for International Yoga Day is "Yoga for Self and Society," emphasizing the interconnectedness of individual and collective health.



Ms. Pooja has shared benefits of yoga.

- International Yoga Day is observed on June 21, emphasizing yoga's physical, mental, and spiritual benefits.
- The theme for this year's event was "Yoga for Self and Society".
- The day promotes awareness about yoga and inspires people to practice it daily for holistic health and well-being.



At the end of session, all students get many benefits and inspired from her practice.

Report Prepared by: Dr. Anuradha Pathak and Dr. Arpita Vyas

HoD Signature