Yoga offers an apt platform to enter into the field of spirituality and realizing one's own self, which is otherwise known as God realization. Shri Kiritbhai Patel, the Vice President and Dr. Dinesh Shah, the Provost of Uka Tarsadia University have long felt the need to promote a healthy human being more than what an excellent education may offer. To accomplish this aspiration a special training was given to more than 500 students of first year pharmacy, nursing and biotechnology as well as fourth year pharmacy on Yoga conducted in two sessions.

A team from ‘Art of Living’ organization founded by Sri Sri Ravi Shankarji, comprising of Dr. Shivani Bilimoria, Mr. Manish Pastagia and team demonstrated 12 yoga asana like ‘Suryanamaskara’. The trainer advocated that Yoga is one of the most extraordinary spiritual sciences, which enables a seeker to realize the ultimate reality. Emphasizing the importance of Yoga, Mediation, Music and Dance which keep body fit and fine, she termed yoga and meditation not only as energy generator to human body and mind but also accentuated its global implementation for prevention and cure of physical as well as mental disorders. She pleaded all to ‘self-volunteer’ for becoming positive, confident and sharp minded, never to miss any opportunity as life is all about what you think, express and do.

She appreciated the efforts of students and was glad to know that the young generation was marching on the right path.