



Report

A. About Activity:

Name of Activity	International Yoga day	Date	01 st October, 2018
Name of Export	Mr. Akash Modi	Place	Diwaliba Polytechnic Auditorium hall
Total No. of Participant	80	Time	09:00 am to 10:00 am

B. Purpose:

Importance of yoga and exercises for achieving healthy life.

C. Activity carried out:

1. International Yoga day importance.
2. Surya-namskar.
3. Different types of pranayama.
4. Meditation.
5. Taken pledge for doing Yoga or any types of exercise.

D. Outcome of activity:

Student taken an oath for doing yoga every day for achieving healthy life.

E. Details:

Name of Guide	Designation/Role	Email	Contact No
Mr. Akash Modi	Assistant Professor	Akash.modi@utu.ac.in	+91 9426343761

Report

Photographs:

