



Report – IDY - 2021

A. About Activity:

Name of Activity	International Yoga Day Celebration	Date	21 st June 2021
Name of Expert	Mr. Gaurav Mistry	Place	Diwaliba Polytechnic.
Total No. of Participant	17	Time	10:30 am to 11:00 am

B. Purpose:

1. To learn basics of Yoga which can be performed at home during this pandemic times.
2. To develop the habit of meditation among youngsters/new staff, so that they can enjoy more piece of mind and self-awareness which is essential for a stress-free existence.

C. Activity carried out:

1. Poster made and shared on social media to share awareness among people.
2. A small quiz prepared about basic awareness of International Yoga Day celebrated on every 21st of June, and google form link shared to different social media platforms. About 43 participants attended the quiz.
3. A google drive link about basic benefits of yoga shared on social medias.
4. On the day of IDY 2021 i.e., 21st June, 2021. A physical session of Yoga arranged at institute auditorium taking care of proper social distancing.
5. In the session the Importance of yoga in day-to-day life taught by expert.
6. Physical Yoga poses performed by all the attendees. (Stretching, Pranayam, Padmasan, Parvatasan, Halasan, Cat and cow pose, Boat pose, Kapal bhati, Anulom vilom, Tolasan, Bhujangasan, Pawanmukt asan, Markat asan, etc.)
7. Conclusion and thank you speech by Principal Sir.

D. Outcome of activity:

1. After this session, we learned about importance of yoga in day-to-day life.
2. History of International Day of Yoga celebrated on 21st of every June. And some basic facts of the same.

E. Details of Trainee:

Name of Trainer	Designation/Role	Email	Contact No
Mr. Gaurav Mistry	Assistant Professor in Mechanical Engineering Department.	gaurav.mistry@utu.ac.in	9727416608

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Photographs and Links:

1. Quiz Link: <https://forms.gle/5EaSQzZBR615VC2X7>
2. Benefits of Yoga Link: https://drive.google.com/file/d/1N0wqX2KwT-J1bx_NYIGM4VHMMU4dJW3/view?usp=sharing
3. Official Instagram Page Post Link: https://www.instagram.com/p/CQX-vnAD5MS/?utm_medium=copy_link
4. Official Facebook Page Post Link: <https://www.facebook.com/1338357039523130/posts/6460704860621630/>
5. Physical session:





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