



Report – IDY - 2023

A. About Activity:

Name of Activity	9 th International Yoga Day Celebration	Date	21 st June 2023
Name of Expert	Mr. Jenish Modi and Ms. Kunjal Nanavati	Place	Diwaliba Polytechnic.
Total No. of Participant	14 teaching/non-teaching staff and 40 students (Boys- 30, Girls-10)	Time	09:30 am to 10:30 am

B. Purpose:

1. The theme for the yoga session was “Yoga for Vasudhaiva Kutumbakam” as suggested by
2. To learn basics of Yoga which can be performed at home.
3. 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. On the day of IDY 2021 i.e., 21st June, 2023. A physical session of Yoga arranged at institute auditorium.
3. Instructions regarding the yoga session and some benefits of performing yoga daily was shared.
4. In the session the Importance of yoga in day-to-day life was taught by expert.
5. Physical Yoga poses performed by all the attendees. (Stretching, Pranayam, Padmasan, Parvatasan, Halasan, Cat and cow pose, Boat pose, Kapal bhati, Anulom vilom, Talasan, Bhujangasan, Pawanmukt asan, Markat asan, etc.)
6. 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. General instructions to be taken care while performing yoga at home and also some benefits of performing yoga daily.
3. History of International Day of Yoga celebrated on 21st of every June. And some basic facts of the same.

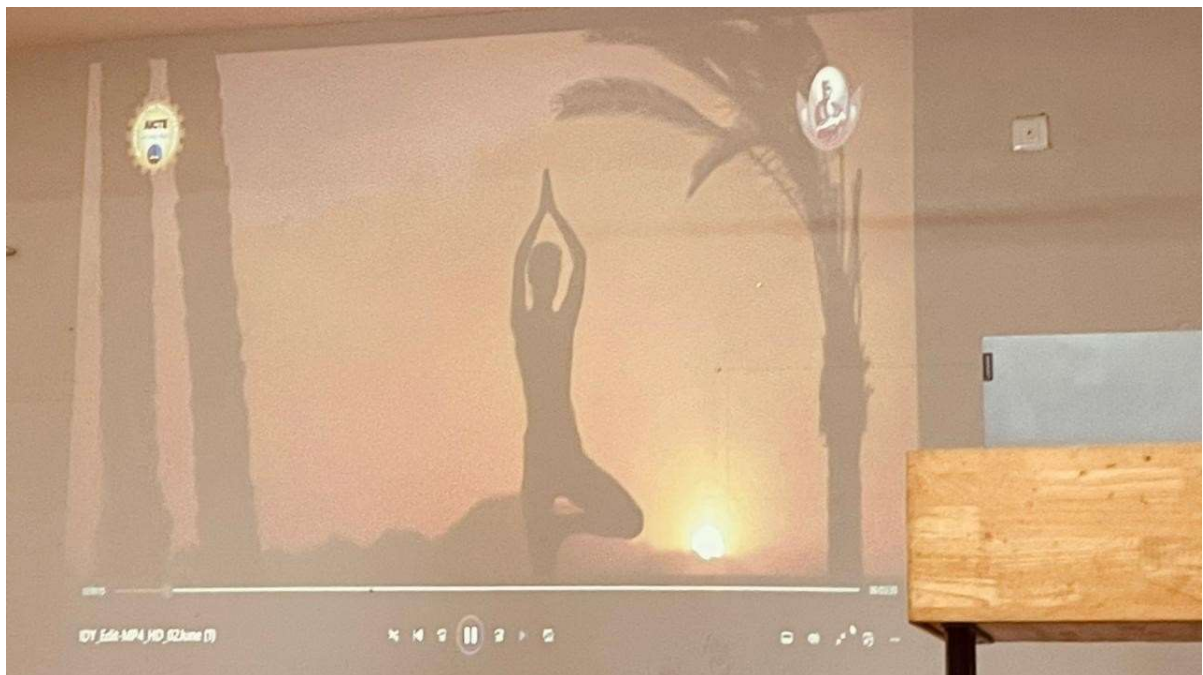
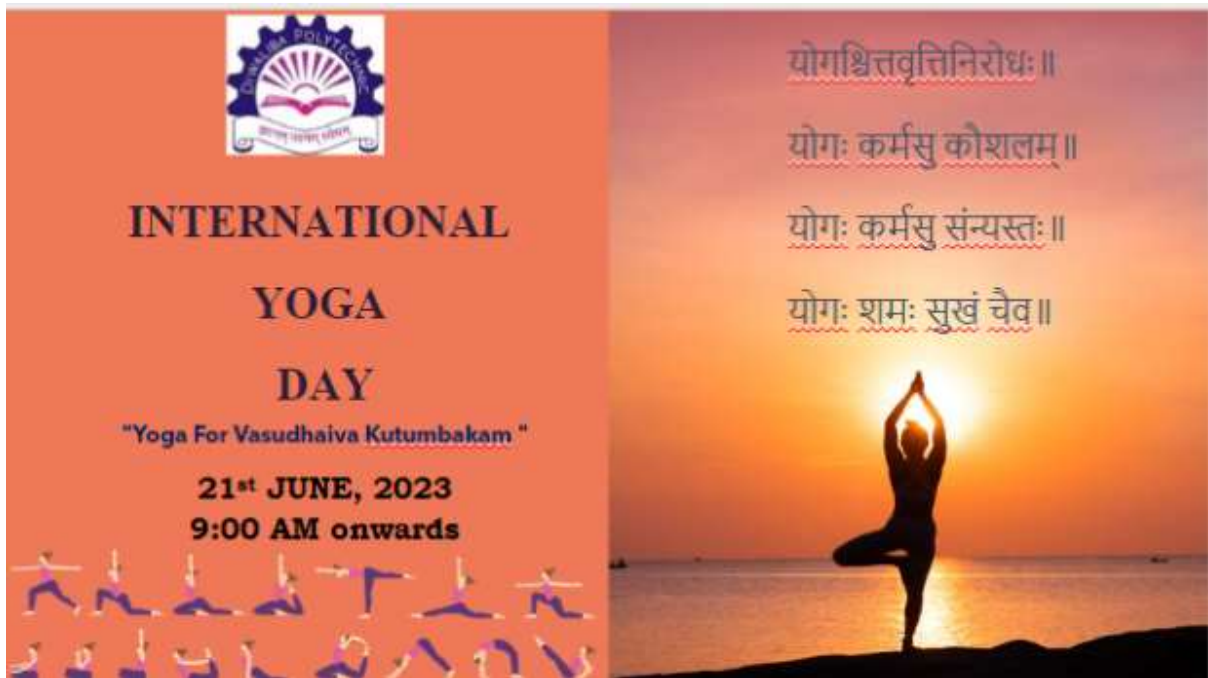
E. Details of Trainee:

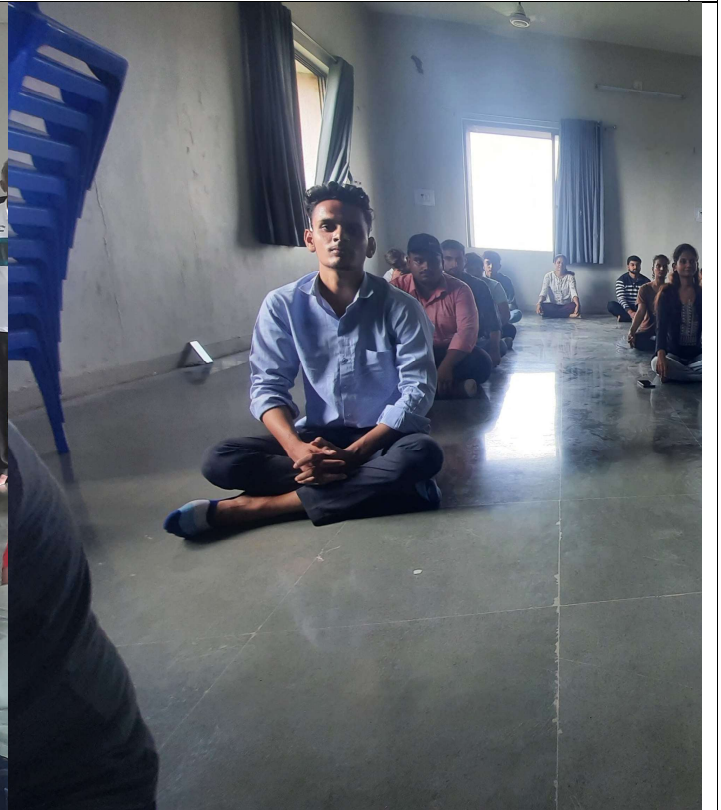
Name of Trainer	Designation/Role	Email	Contact No
Mr. Jenish Modi	Assistant Professor in Mechanical Engineering Department.	Jenish.modi@utu.ac.in	9726539532
Ms. Kunjal Nanavati	Lecturer in Electrical Engineering Department	Kunjal.nanavati@utu.ac.in	9409649578



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Photographs







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