



International Yoga Day (2024)

A. Event's Details:

Coordinator Name	Mr. Sunil Valand and Mr. Gaurav Mistry	Date of Event	21/06/2024
Place of Event	Diwaliba Auditorium	Organized by	NSS Club
Participants	(18 Male and 12 Female) = 30		

B. Purpose of Event:

- Students and faculty should understand the significance of incorporating yoga into their daily routine.
- To promote the importance of physical and mental health through the practice of yoga.
- To encourage students and volunteers to use yoga as a tool for managing stress and enhancing well-being
- To support the holistic development of individuals, integrating body, mind, and spirit.

C. Activity carried out:

- In Auditorium of Diwaliba Polytechnic, the yoga practice started around 10:05 am.
- Mr. Gaurav Mistry provided in-depth information about yoga and conducted practical sessions on various yoga techniques. Approximately 18 male and 12 female attended the session (Including the faculty and students) and benefited from it.
- After a one-hour yoga practice, Gaurav Mistry led the faculty and students in taking an oath to practice yoga daily to maintain their health.
- Mr. Vijay Shah shared important information about how yoga can help keep you physically fit during this session.

D. Outcome of Event /Way Forward:

- This session helped students and faculty focus on their physical and mental health through practicing yoga. It also improved flexibility, concentration, and mindfulness, which can help students perform better in their studies.
- Overall, yoga sessions benefited everyone by enhancing both health and academic abilities.



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E. Session Photographs:



Mr. Gaurav Mistry conducted practical session of different yogasana



Mr. Gaurav Mistry provided in-depth information about yoga



Group photo of the session



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NATIONAL SERVICE SCHEME
UKA TARSADIA UNIVERSITY

Celebrating



INTERNATIONAL
DAY OF YOGA
JUNE 21, 2024



VENUE : DIWALIBA POLYTECHNIC
COLLEGE , MAHUVA



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