



Uka Tarsadia University
Kishorbhai Institute of Agriculture Sciences and
Research Centre & C. G. Bhakta Institute of
Biotechnology

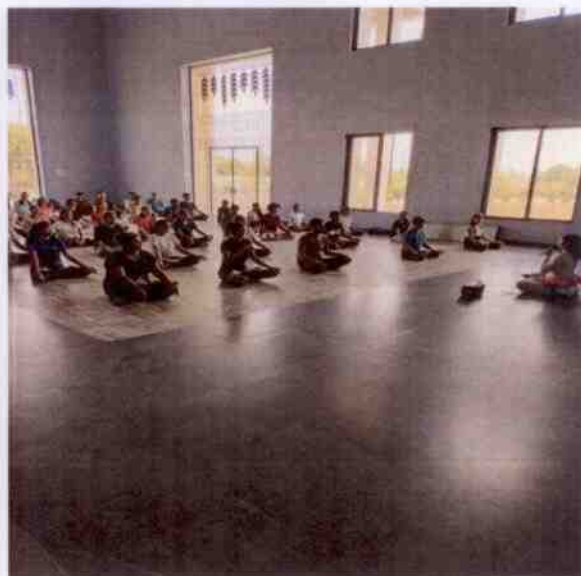
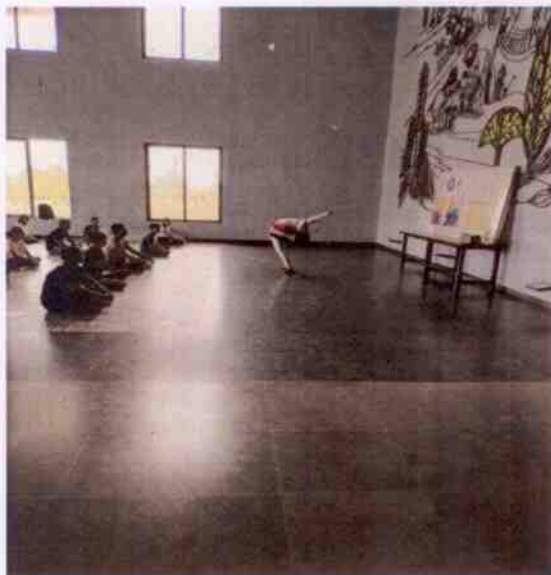
A Report on International Yoga Day 2024

| | |
|--------------------------------------|--|
| Name of the Event | International Yoga Day 2024 |
| Date | June 21, 2024 |
| Venue | KIASRC, UTU |
| Time | 12:00 noon to 01:00 pm |
| Total Number of Participants | Total 62 Participants |
| Name of the Expert | Miss Pooja Patel (Miss World Yogini) |
| Event Coordinator/ Organizers | Dr. Hemant Bagul (NSS Coordinator, KIASRC) Dr. Bhruvish Joshi (NSS Coordinator, CGBIBT) |
| Departments Involved in the Event | Tarsadia Institute of Chemical Science Department of Physics Department of Mathematics |

Kishorbhai Institute of Agriculture Sciences and Research Centre (KIASRC) and C. G. Bhakta Institute of Biotechnology (CGBIBT), Uka Tarsadia University, Bardoli organized the On 21st June 2024. The event was coordinated Dr. Hemant Bagul and Dr. Bhrugesh Joshi.

The program was initiated with the welcome address by Prof. Dr. R. Krishnamurthy, Director of Research, UTU & Director, KIASRC, UTU who highlighted the objective of this programme. This was followed by a speech from Ms. Pooja Patel who raised awareness about the ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. She also emphasized that yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. Warm up exercises were explained and all the students practiced & performed the sitting and standing asanas, importance of these were explained simultaneously. All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

The program was ended with a brief vote of thanks by the organizers of KIASRC and CGBIBT, UTU







Report Prepared By: Dr. Hemant Bagul

KIASRC

Date: 21/06/2024

Prof. Dr. R. Krishnamurthy

Director KIASRC

Director
Kishorthal Institute of Agriculture Science
and Research Center
Bardoli-Mahuva Road, BARDOLI-394350
District : Surat, Gujarat State, INDIA

Dr. Bhruvagh Joshi

CGBIBT

Dr. Meonis Pithawala

Director CGBIBT

Director
C. G. Bhakta Institute Of Biotechnology
UKA TARSADIA UNIVERSITY
Bardoli-Mahuva Road, Tarsadi-394300
Dist. Surat (Gujarat) INDIA