



GUJARAT TECHNOLOGY UNIVERSITY NATIONAL SERVICE SCHEME

S. N. PATEL INSTITUTE OF TECHNOLOGY & RESEARCH CENTRE, UMRAXH

A Report on “INTERNATIONAL YOGA DAY” on 21st JUNE 2020 at VIDYABHARTI TRUST, UMRAXH

College Name: S. N. PATEL INSTITUTE OF TECHNOLOGY & RESEARCH CENTRE, UMRAXH

Event Name: INTERNATIONAL YOGA DAY”

Faculty Name: PROF. HITESH TAILOR,

Event Date, Time and Location: 21/6/2020, 7.00.am to 8.00am, FROM HOME

Brief Description of the Event:

“Yoga is the journey of the self, through the self, to the self” -Verse-4, Chapter 15, Bhagavad Gita.

“Outwardly performing all actions but inwardly renouncing their fruits, the wise man, purified by the fire of transcendental knowledge, attains peace, detachment, forbearance, spiritual vision and bliss.”

-Verse-1, Chapter 5, Bhagavad Gita.

International Yoga Day 2020: Why Practicing Yoga is Significant During COVID-19 Pandemic?

The coronavirus pandemic and the ensuing lockdown and limitations have forced individuals to battle every day with their new way of life. Likewise, there is steady dread of the infectious sickness, vulnerability about the future, budgetary instability, work misfortunes, changing work propensities, social removing – standing up to these issues can be stressful for your mind and body. This can prompt mental issues like stress, anxiety, and despondency that can influence your physical wellbeing. An investigation distributed in The Lancet Psychiatry diary has additionally recommended that COVID-19 survivors may endure psychological well-being issue like Post-Traumatic Stress Disorder (PTSD).

In the interim, yoga specialists are upholding recuperating and elective treatments as extraordinary choices to handle this pandemic circumstance. A large number of them guarantee that yoga can assume a ground-breaking job in battle against the novel coronavirus while improving the physical and mental prosperity of people. On the day of International Yoga Day 2020, we spoke to a famous yoga master to reveal some insight into the advantages of practicing yoga during this difficult time.

The International Yoga Day-2020 was celebrated on 21st June 2020 due to corona time from home, of the institute to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline .The campus community including students, staff, faculty and NSS Volunteers participated from home. The event started at 7: 00 AM in the morning. The session was started with a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas. Various Asanas were performed as per the guidelines given by the AYUSH MINISTRY (CYP- Common Yoga Protocol's). These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadarsan, Shashankasan etc.), Sleeping position on stomach (Bhujanhgasan, Makrasanetc), Sleeping position (Sarvangasan, Shavasan).

Annexure I: Event Banner

Annexure II: Event Photographs

Annexure I: Event Banner



S. N. Patel Institute of Technology & Research Centre, Umrakh
(A Vidyabharti Trust Institution)



યોગ કરીશું, કોરોનાને હરાવીશું

"યોગા એટ હોમ",
"યોગા વિથ ફેમિલી"



દરેક વ્યક્તિએ પોતાની મનપસંદ યોગ મુદ્રા સાથે ફોટો સોશિયલ મીડિયા પર હેશટેગ #DoYogaBeatCorona, #GujaratStateYogBoard, #GTU, #SNPITRC સાથે પોસ્ટ કરવા

Facebook Page Link: <https://www.facebook.com/Gujaratyogboard/>

NSS UNIT

Date: 21-06-2020

Time: 07:00 am



At & Po Baben, Ta: Bardoli, Dist: Surat-394601 | **For Admission: 9925 777 117**

Annexure II: Event Photographs



Hitesh Tailor is with Snpitrc Umrahk and Snpit RC.



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#GujaratStateYogBoard
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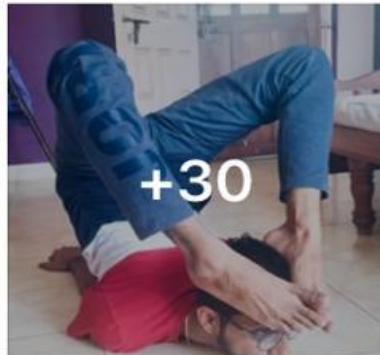
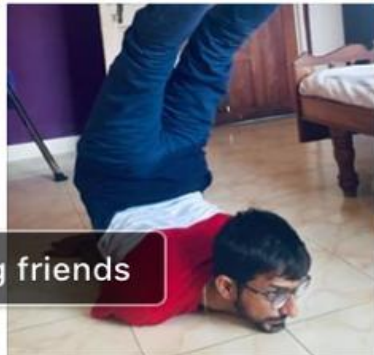


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Er Ashish Patel



Yesterday at 7:54 PM · 🌐





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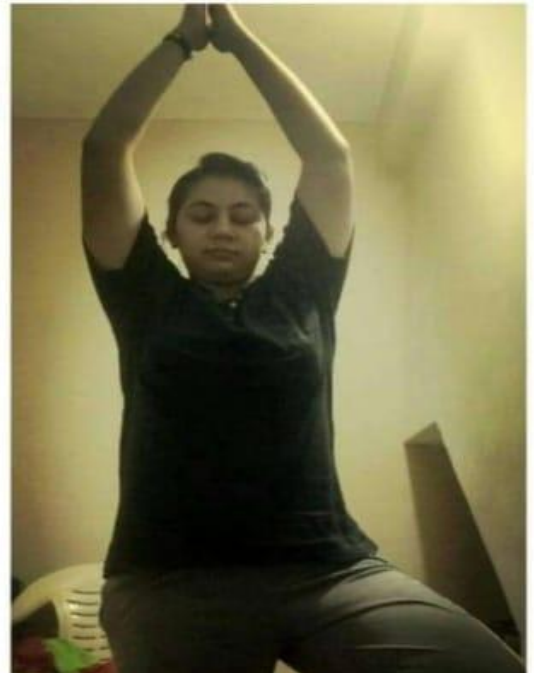


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NOT MATTER**

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What is yoga for you? Yoga is not merely posture or pose of balance for me. It's a recreational activity for us (me n my little one). Balance of life comes... [More](#)





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Pramod Solanki

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21st June- International Yoga Day....

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