



GUJARAT TECHNOLOGY UNIVERSITY

NATIONAL SERVICE SCHEME

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

A Report on “INTERNATIONAL YOGA DAY” on 21th JUN 2021 at VIDYABHARTI TRUST, UMRACH

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

Event Name: INTERNATIONAL YOGA DAY”

Faculty Name: PROF. HITESH TAILOR,

Event Date, Time and Location: 1/6/2021 to 21/6/2021, FROM HOME (250 participant)

Link for participation

1. <https://www.facebook.com/NSSUTChandigarh/videos/266234921134728/>
2. <https://www.facebook.com/NSSGOI/videos/268501671154930/>
3. <https://www.facebook.com/NSSGOI/videos/2403422783282378/>
4. <https://www.facebook.com/rdnsswb/videos/267163581035512/>
5. <https://www.facebook.com/rdnsswb/videos/210499690019468/>
6. <https://youtu.be/ONHCXfAJcLE>
7. <https://youtube.com/shorts/cxzfpfDZUJ8?feature=share>

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 2021: 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 2021, 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 2021 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 5: 00 pm in the evening. 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 (Bhujanghasan, Makrasan etc), Sleeping position (Sarvangasan, Shavasana).

GTU Circular



GUJARAT TECHNOLOGICAL UNIVERSITY

(Established by Government of Gujarat under Gujarat Act No.: 20 of 1907)

ગુજરાત ટેકનોલોજીકલ યુનિવર્સિટી

(ગુજરાત સરકારના ગુજરાત અભિયંત્રિક ક્રમાંક :૨૦/૨૦૦૭ હાસ સ્થાપિત)

જ. ક. નં. : જી.ટી.યુ.કુલોઈસરલિધ યોગ લેઆ/૨૦૨૧/ ૩૬૪૦
તા.રીખઃ ૧૫ /૬/૨૦૨૧


પરિપત્ર

વિષય :- ૨૧ મી જૂન વિશ્વ યોગ દિવસ

માનવીય પ્રધાનમંત્રીશ્રી નરેન્દ્રભાઈ મોદી એ વિશ્વ ભરમાં યોજાની માહત્વાત ઉજાગર કરતા. ૬૨ વર્ષે ૨૧ જૂન વિશ્વ યોગ દિવસ તરીકે ઉજવવા વિચિના કેહોને પરિત કર્યા છે. શ.લની કોવિડ-૧૯ ની પ્રસિથિતિને ધ્યાને લેતા યોગ દિવસની ઉજવણી 'યોગ કરીશું, કોરોનાને હરાવીશું' અધિયાન પળનત થશે.

અપ સર્વે સંસ્થાઓ ખાડીકારીશો/કાંધારી તથા વિદ્યાર્થીઓને જણાવવાનું કે ૨૧ મી જૂન વિશ્વ યોગ દિવસ થાંતરત 'યોગ કરીશું, કોરોનાને હરાવીશું' રાધધવ્યાપી જન જગતિ અબિયાનના ભાગરૂપે ૨૧ મી જૂન, સોમવારના દિવસે નહે મુખન ની લીક પઠરી સુવાલ સમય મુજબ રોધાસ્થાન કરીશું યાને, રોધપતિસરક સંકિતમાં વધારી કરી આત્મલેપને બની પોતાનું રક્ષણ કરીશું.

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| કેસબ્ડ જે લીક :- | https://www.facebook.com/Gujaratyogkshetra/ |
| સમય :- | સવારે ૮:૩૦ કલાક |
| તારીખ :- | ૨૧/૦૬/૨૦૨૧ |


કુલસચિવ

પતિ,

- (૧) આચાર્યશ્રી / કાયરેક્ટરશ્રી / જી.ટી.યુ. સંલગ્ન તમામ સંસ્થાઓ.
- (૨) ચેન.વેન.એસ / વેન.સી.શ્રી - બોડીનરશ્રીઓ.
- (૩) પી.એ. / પી.સેસ. ડુ માનનીય કુલપતિશ્રી.
- (૪) પી.એ. ડુ માનનીય કુલસચિવ.

Winners of "Most Promising University of India 2020" & "1st Rank Among All Universities in Gujarat 2020 by Uni Rank"
 & "1st Rank in Gujarat State Institutional Rankings Framework (GSIR) 2019" & "National Leadership Excellence Award 2019 in Technical Education" & "India's Most Trusted State University 2019" & "Outstanding University in West India 2019"

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Photographs of event



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

“યોગા એટ હોમ”

યોગ કરીશું , કોરોનાને હરાવીશું

“યોગા વીથ ફેમીલી”

Date: Monday 21st June 2021



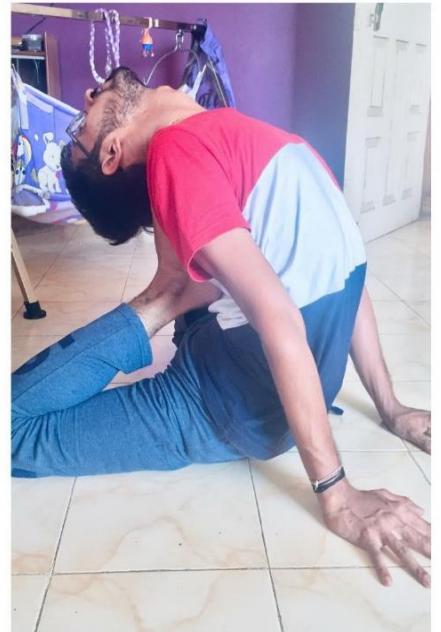
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Yoga for Harmony & Peace

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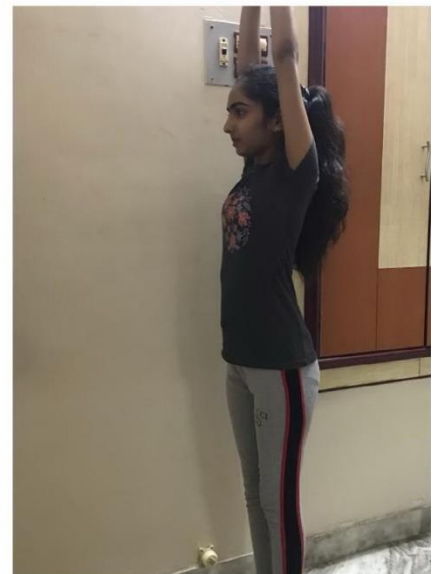














And Many More.....