



**SITARAMBHAI NARANJI
PATEL**
INSTITUTE OF TECHNOLOGY AND RESEARCH
CENTRE, UMRAKH

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FIRST YEAR INDUCTION PROGRAM

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

Event Name: Expert session on Skills for success with Yoga

Event Date, Time and Location: 13th and 14th July, 2023, at Auditorium Hall.

As a Part of an Induction Program Dr. Mansi N. Zaverij; Head of Applied Science and humanities Department organized expert session on 'Skills for success with Yoga' and welcomed as well as felicitate Shri Dilipbhai Patel who is International Yoga teacher and certified by Ministry of AYUSH Government of India.



The main objectives of the expert session were, to reduce the stress level through meditation, to improve the health standards of the students and helping them to perform better in today's competitive world and to increase the desire of learning and understanding things better. Further he classified 10 groups of students for the improvement of various skills like Communication skills, Time Management skills, Leadership skills and many more.



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On the next day our students delightedly came and show their videos on the above topics. The presents given by Shri Dilipbhai Patel to the students for their efforts and appreciated them. Shri Dilipbhai Patel also taught students various Yogasanas targeting specific body parts and full body yogic exercises to multiple pranayama in the session.



The session was so intrigue that students couldn't resist themselves from clearing all their doubts regarding health, fitness and nutrition. Moving towards the end, "The Bhagwad Geeta" were given by Shri Dilipbhai Patel and Team to all the faculties as a token of gratitude and motivated students to develop a positive attitude towards fitness and take their physical health seriously. At last Dr. Mansi Zaveri gave the vote of thanks to our yoga expert Shri Dilipbhai Patel and the team for the glorious and helpful session.



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