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Event Report

International Yoga Day Celebration At MBIT on 21st June, 2021

MBIT; the Constituent institute of CVM University, celebrated International Yoga Day on 21st June 2021 under NSS forum. There were more than 35 faculty members physically participated and 40 students participated virtually through MS Team platform.

The function started with welcome speech and prayer. After that Prof. Dr. Archana Nanoty, Principal, MBIT addressed the students and faculty members, Madam Discuss benefits of Yoga. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body ton.

After Principal madam's address, all the faculty members and students did Yogasana and Pranayam. Yogasana is useful for face, shoulders, hands, and leg exercise to remove body stress. And Pranayam like Kapal Bhati, Bhramari pranayam and Nadi shodhan pranayama is useful for boosts your daily mindfulness, healthy and high-quality sleep. In Dhyana, he made realized everyone peace and joy. It was indeed a rejuvenated session.

The function was concluded by singing MBIT Anthem and National Anthem.



MAHARAJA BHANUPRASAD PATEL INSTITUTE OF TECHNOLOGY
A SOCIETARY ORGAN OF CVM, BHANUPRASA

INTERNATIONAL YOGA

DAY CELEBRATION

"YOGA TEACHES US TO CARE WHAT NEED NOT BE ENDURED
AND "NOTICE" WHAT CANNOT BE CHANGED."

DATE - 21ST JUNE, 2021
TIME - 9:15 TO 10:00 IST

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