



Event Report

International Yoga Day Celebration At MBIT on 22nd June 2023

Madhuben & Bhanubhai Patel Institute of Technology (A Constituent College of CVM University), New V. V. Nagar has celebrated an International Yoga Day on 22nd June 2023 under NSS forum.

There were more than 50 students and faculty members had participated. The event was started with a welcome speech by NSS Volunteer, Jasoliya Tammna from first year IT Engineering. In her speech she shared importance of yoga in day-to-day life; it helps in physical and mental disciplines to achieve a peaceful body and mind, manage stress and anxiety and keeps you relaxing, and also helps in increasing flexibility, muscle strength and body.

We had invited **Ms. Riya Vyas**, International Yoga Trainer, as a yoga coach of this celebration. NSS Program Officer **Prof. Khusbu Patel** welcomed her by giving “Tulsi Pot”. Miss Riya Vyas had delivered her talk on Yoga, the union of inner and outer consciousness. Importance of Yoga in our life. Further she said that “If we do yoga with smile, it will have positive impact on your body.” She had divided yoga sessions into four parts: Yoga asana, Pranayama, Surya namaskaram, and Dhyana.

She started session one with warm up exercises like stretching legs and arms. In the second session she focused on Pranayama such as Kapalbhathi, Bhramari etc. In the third session she explained Suryanamskaram in detail. Lastly in the fourth session she guided us for Dhyana. It was a really delightful session.

Principal **Dr. (Prof.). Sudhir Vegad Sir** felicitated yoga coach with certificate and memento of Sardar Patel. Sir appreciated the services of Organizers, for such a nice celebration and support. Sir also thanked **Er. Shri. Bhikhubhai Patel**, chairman of CVMU for his motivation and constant support. At last, a vote of thanks was expressed by Prof. Khusbu Patel.

The Program was coordinated by Prof. Khusbu Patel - NSS Programme Officer and her committee members along with NSS Volunteers.

NSS Unit Celebrates

YOGA DAY

- SURYA NAMASKAR
- YOG SHIBIR

 22ND JUNE 2023
 9:15 AM - 10:00 AM

YOGA DEMONSTRATOR
MS. RIYA VYAS
(INTERNATIONAL YOGA COACH)

 D-008, WORKSHOP
1ST FLOOR, MBIT

“MAKE YOURSELF A HEALTHY BEING WITH THE BENEFITS OF YOGA”



Anand, Gujarat, India
GW9C+84F, New Vallabh Vidyanagar, GIDC, Anand, Gujarat 388345, India
Lat 22.518095°

GPS Map Camera



Anand, Gujarat, India
GW9C+84F, New Vallabh Vidyanagar, GIDC, Anand, Gujarat 388345, India
Lat 22.517922°
Long 72.91932°
22/06/23 09:45 AM GMT +05:30



Ms. Khusbu P Patel
NSS Program officer, MBIT

Dr. Sudhir P. Vegad
Principal, MBIT