Event Report

International Yoga Day Celebration

DATE: June 21st, 2024
VENUE: MBIT Seminar Hall
Time: 8:30 am to 9:30 am
Coordinator: Prof. Khusbu P Patel
Report by: Dr. Shreekant Pathak
Program officer: Prof. Khusbu P Patel

Madhuben & Bhanubhai Patel Institute of Technology (A Constituent College of CVM University), New V. V. Nagar has celebrated an International Yoga Day on 21/06/2024 under NSS forum.

There were more than 25 students and faculty members who had participated in the online Yoga by Mr. Saurabh Bothra, a well-known yoga teacher. He shared the 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 helps in increasing flexibility, muscle strength and body. He had divided yoga sessions into four parts: Yoga asana, Pranayama, Surya namaskar and Dhyana.

He started session one with warm up exercises like stretching legs and arms. In the second session he focused on Pranayama such as Kapalbhati, Bhramari etc. In the third session he explained Surya namaskar in detail. Lastly in the fourth session he guided us for Dhyana. It was a delightful session.

Principal **Dr. (Prof.). Sudhir Vegad Sir** motivated all the students and staff members to do yoga not only on the yoga day but to make it possible yoga became a part of daily life. 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.

The Program was coordinated by an NSS Programme Officer **Prof. Khusbu P Patel** and her committee members along with NSS Volunteers.
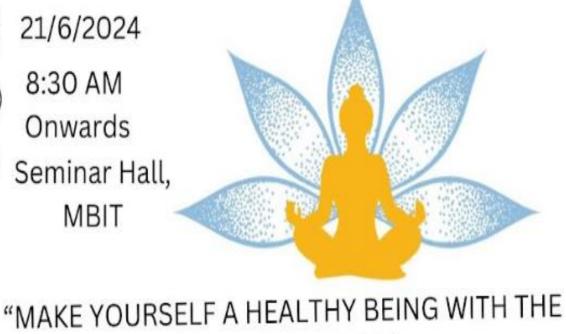
Ms. Khusbu P Patel   Dr. Sudhir P. Vegad
NSS Program officer   Principal, MBIT