



## Event Report

### International Yoga Day Celebration

**DATE:** June 21st, 2025

**VENUE:** MBIT Seminar Hall

**Time:** 9:30 am to 10:30 am

**Coordinator:** Ms. Khusbu P Patel

**Report by:** Ms. Khusbu P Patel

**Programme officer:** Ms. Khusbu P Patel

Madhuben & Bhanubhai Patel Institute of Technology (The Charutar Vidya Mandal (CVM) University), New V. V. Nagar has celebrated an International Yoga Day on 21/06/2025 under NSS forum.

There were more than 30 students and faculty members who had participated in the Yoga by Ms. Rekha Rajpurohit, an international yoga teacher and evaluator (YCB level 3) from Ayush Mantralay Bharat Sarkar. She 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. She had divided yoga sessions into Three parts: Yoga asana, Pranayama and Surya namaskar.

She started session one with warm up exercises like stretching legs and arms. In the second session she explained Surya namaskar in detail. Lastly in the third session he focused on Pranayama such as Kapalbhati, Bhramari, Anulom vilom etc... It was a delightful session.

Principal **Dr. Maulika Patel** 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. Madam appreciated the services of Organizers, for such a nice celebration and support. Madam also thanked **Er. Shri. Bhikhubhai Patel**, chairman of CVMU for his motivation and constant support.

The Program was coordinated by an NSS Programme Officer **Ms. Khusbu P Patel** and her committee members along with NSS Volunteers.

Glimpses of the event:



**MBIT CELEBRATES**

# अन्तर्राष्ट्रीय योग दिवस

IN ASSOCIATION  
WITH  
NSS UNIT, MBIT



21 JUNE, 2025



9:30 AM - 10:30 AM

YOGA DEMONSTRATOR  
**REKHA RAJPUROHIT**  
(INTERNATIONAL YOGA TEACHER  
& EVALUATOR)



SEMINAR HALL, MBIT

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



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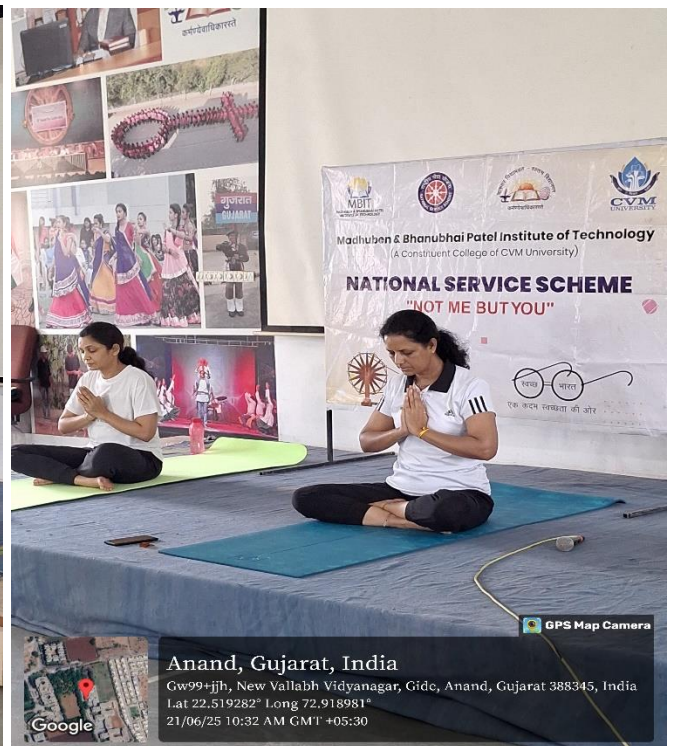


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Ms. Khusbu P Patel  
 NSS Program officer

Dr. Maulika Patel  
 Principal, MBIT