



Event Report

International Yoga Day Celebration

DATE: June 22nd, 2026

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 (MBIT) and C. Z. Patel college of Business and Management (CZPCBM) **affiliated with The Charutar Vidya Mandal (CVM) University**, New V. V. Nagar celebrated an International Yoga Day on 22/06/2026 under NSS forum with great enthusiasm and active participation from students, faculty members, and staff. The program was organized with the objective of promoting physical fitness, mental well-being, and awareness about the importance of yoga in daily life.

The program commenced with a welcome address by the NSS P.O., MBIT Ms. Khusbu Patel who welcomed all dignitaries, faculty members, students, and participants. The significance of International Yoga Day and the theme “**Yoga for Healthy Ageing**” were highlighted, emphasizing the role of yoga in maintaining a healthy body and peaceful mind throughout life.

The institute was privileged to have **Dr. Hetal Chudasama, Associate Professor, GCET**, as the Yoga Demonstrator and resource person for the event. Dr. Chudasama guided the participants through various yoga postures, breathing exercises (Pranayama), and relaxation techniques. She also explained the physical, mental, and emotional benefits of regular yoga practice and motivated participants to adopt yoga as a part of their daily routine.

A large number of NSS volunteers, students, faculty members, and staff members actively participated in the yoga session. The participants performed various asanas with enthusiasm and gained practical knowledge about maintaining a healthy lifestyle through yoga.

Principal, MBIT, Dr. Maulika Patel, and Principal, CZPCBM, Dr. Himanshu Sanghvi, encouraged all participants to make yoga a regular part of their lives rather than limiting it to a single day of celebration. They appreciated the efforts of the organizers and acknowledged the motivation and continuous support of **Er. Shri. Bhikhubhai Patel**, Chairman, CVM University.

The program concluded with a vote of thanks. The celebration successfully conveyed the message of holistic health and wellness and inspired participants to adopt yoga for a healthier and happier life.

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 AND CZPCBM CELEBRATES

अन्तर्राष्ट्रीय योग दिवस

**WITH THE THEME OF
“YOGA FOR HEALTHY AGEING”**

**IN ASSOCIATION
WITH
NSS UNIT, MBIT**



22ND JUNE 2026



10:00 AM - 11:00 AM

**YOGA DEMONSTRATOR
DR. HETAL CHUDASAMA
(ASSOCIATE PROFESSOR ,GCET)**



SEMINAR HALL, MBIT

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



mbit.edu.in



[mbit.cvmuniversity](https://www.instagram.com/mbit.cvmuniversity)



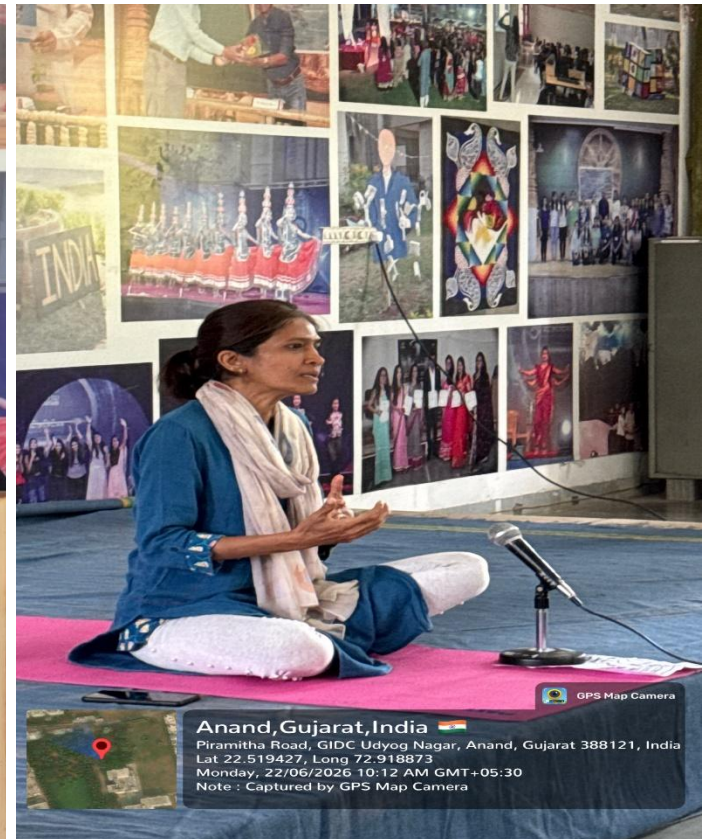
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Ms. Khusbu P Patel
NSS Program officer

Dr. Darshana Prajapati
HOD, ASH

Dr. Maulika Patel
Principal, MBIT