

**A.Y. DADABHAI TECHNICAL INSTITUTE,  
KOSAMBA**



**REPORT**

On

***8<sup>th</sup> International Yoga Day***

**Date:** 21<sup>st</sup> June – 2022. – Tuesday.

**Time:** 10:00am onwards.

**Place:** “B” Wing Seminar Hall.

Since its inception in the year 2015, June 21<sup>st</sup> is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "YOGA is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing."

On 21<sup>th</sup> June 2022 at A.Y. Dadabhai Technical Institute, Kosamba, had celebrated 8<sup>th</sup> International yoga day for 1<sup>st</sup> year students of diploma engineering at 'B' wing seminar hall. The 8<sup>th</sup> edition of International Day of Yoga (IDY) will be celebrated with the theme "**Yoga for Humanity**". Ministry of AYUSH has chosen this theme for the 8<sup>th</sup> International Day of Yoga 2022 to be organized in India and across the globe on June 21, 2022.

On this occasion, we had invited the famous personality Mrs. DIMPAL C. BATLIWALA (Yoga trainer) and Mrs. SEJAL PATHTHARWALA (Yoga trainer, B.com, English Teacher). She is currently associated with Gujarat state board and Patanjali YOGPITH.

We had started our program at 10:00 am with prayer. The director of institute Mr. M. M. Dalchawal welcomes the guests with flower bouquet and gave introductory speech. The trainer Mrs. Dimpal Batliwala had given his valuable guidance to the students. We have start our Yoga session at 10:30 am with Warm up exercises and all the students performed sitting and standing "ASANAS", importance of these were explained simultaneously. The Yoga Trainer practically demonstrated various "ASANAS" like Vajrashan, Trikonashan, sukhasana, Utkatasana, Suryanamaskar, Ustrashan, Kapal Bhaati, etc. and highlighted their benefits to human life. Thus, the session was useful and beneficial to all the participants.

All the students were excited and energetic. We all celebrate the day with a lot of eagerness and joy. It's a very interesting Day for all of us. The experience we got was really amazing and important. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.

The session was ended by Mrs. Dharti Mastar with vote of thanks and national anthem.

**Details of no. of participants on International Yoga Day Celebration:**

| Sr. No. | Date       | No. Of Student | No. of Faculty/Staff |
|---------|------------|----------------|----------------------|
| 1       | 21-06-2022 | 43             | 06                   |

## Details of Yoga Trainer:

Name: **Mrs. Dimpal C. Batliwala**

Mobile no: **+91-95583 93407**

Mail ID: [dimpalbatliwala12@gmail.com](mailto:dimpalbatliwala12@gmail.com)

Institution: Gujarat state board and Patanjali YOGPITH.

## Details of Yoga Coordinator of Institute:

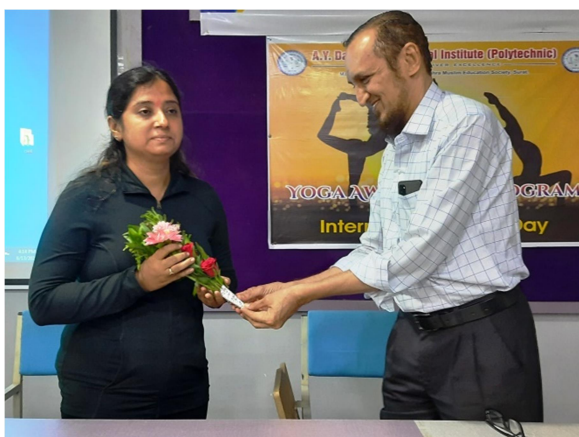
Name: **Mr. Keyur V. Modi**

Mobile no: **+91-8128010707**

Mail ID: [key07modimech@gmail.com](mailto:key07modimech@gmail.com)

Institution: A.Y. Dadabhai Technical Institute, Kosamba, Ta-Mangrol, Di-Surat.

## PHOTOS:



Director Mr. M.M. Dalchawal welcomes Mrs. Dimple Batliwala & Mr. M.A. Prajapati welcomes Mrs. Sejal Paththarwala.



**“YOGA for Humanity” program conducted by Mrs. Dimple C. Batiwala**