

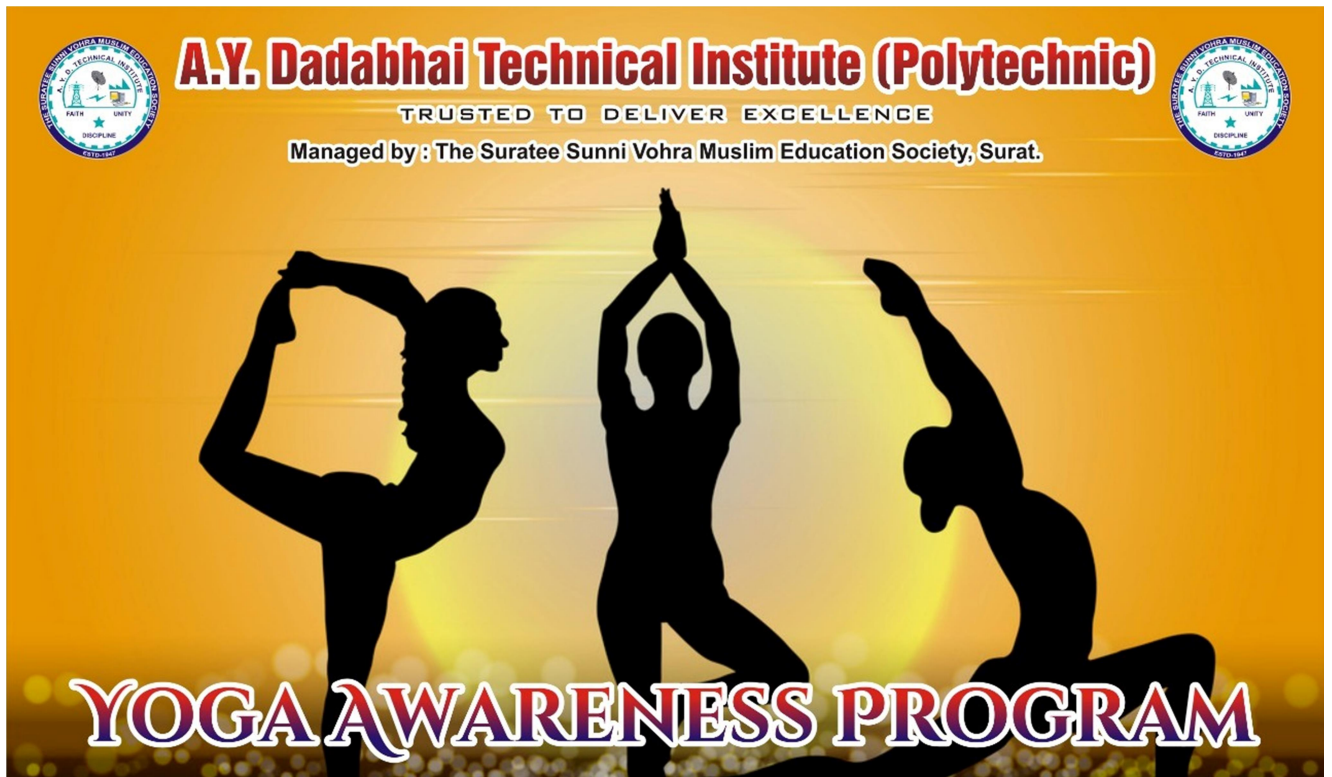
**A.Y. DADABHAI TECHNICAL INSTITUTE,
KOSAMBA**



REPORT

On

Yoga Awareness Program



Date: 16th June – 2022. – Thursday.

Time: 10:00am onwards.

Place: “B” Wing Seminar Hall.

On **16th June 2022** at A. Y. Dadabhai Technical Institute, Kosamba, had organized Yoga Awareness program for 1st year students of diploma engineering at 'B' wing seminar hall. The 8th 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 8th International Day of Yoga 2022 to be organized in India and across the globe on June 21, 2022.

The purpose of organizing this program is to acquaint the students about benefits of YOGASHAN. They were made aware about the benefits of practicing postures for making life, stress free, disease free and productive. All the students and faculties were present for attending the session.

On this occasion, we had invited the famous personality Miss. RUTA M. TERAIYA (Yog Trainer, M.A in English literature, State level karate champion) and her mother Mrs. HEENABEN M. TERAIYA.

We had started our program at sharp 10:00 am with prayer. The director of institute Mr. M.M. Dalchawal welcomes the guests with flower bouquet and gave introductory speech. He also explained the importance of making yoga as a part of each one's life due to COVID-19 Pandemic situation.

Then after, the session was addressed by Miss Ruta Teraiya with very energetic speech. She mainly focuses on benefits of yoga postures and effect of it on body and life style. She explained yoga attends to all aspects like body, mind, breath, emotions and inner self. She aware students about how much importance of breath control and meditation activity for living stress free life. She also insist students to perform postures in daily based routine like Balasana, Setu Bandha Sarvangasana, Sukhasana, Utkatasana, Suryanamaskar, Manjarasan, Kapal Bhaati, etc and highlighted their benefits to human life. Thus, the session was useful and beneficial to all the participants.

The Session Was Ended With Vote Of Thanks Given By H.O.D. Of Computer engineering department Mrs. Samsunnisha multani.

PHOTOS:

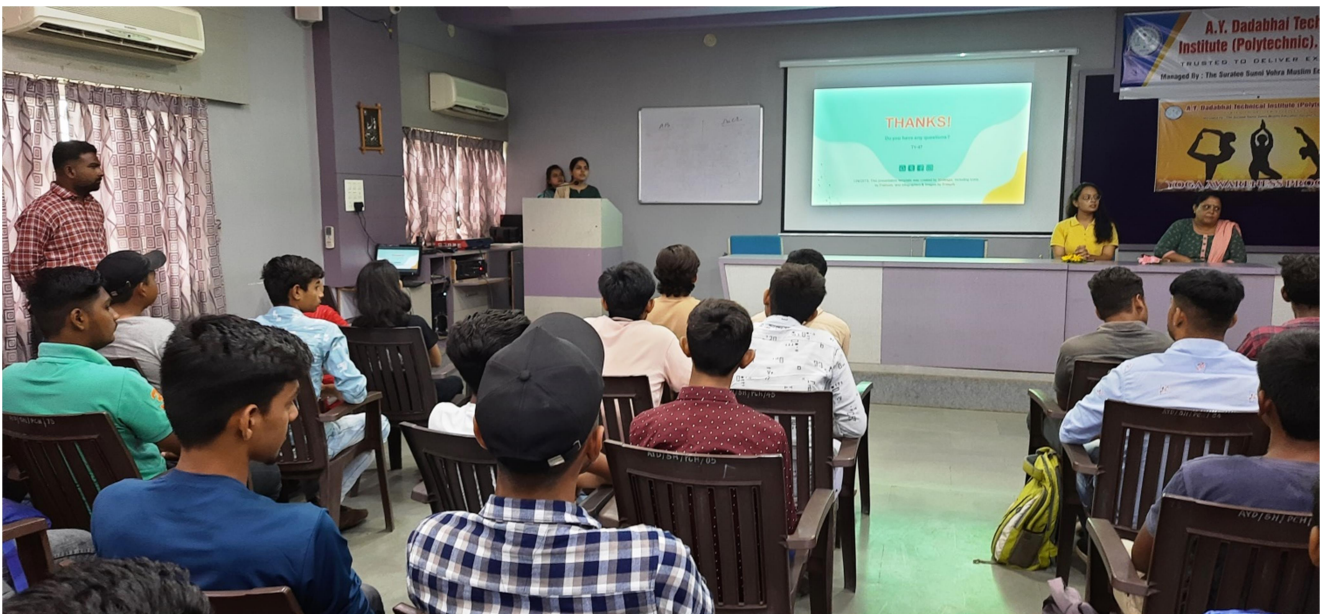


Director Mr. M.M. Dalchawal welcomes Miss. Ruta M. Teraiya & Mrs. Heenaben Teraiya.





Awareness session by Miss. Ruta M. Teraiya



Vote of thanks given by Mrs. S.S. Multani - H.O.D. Computer Engg. Department

