

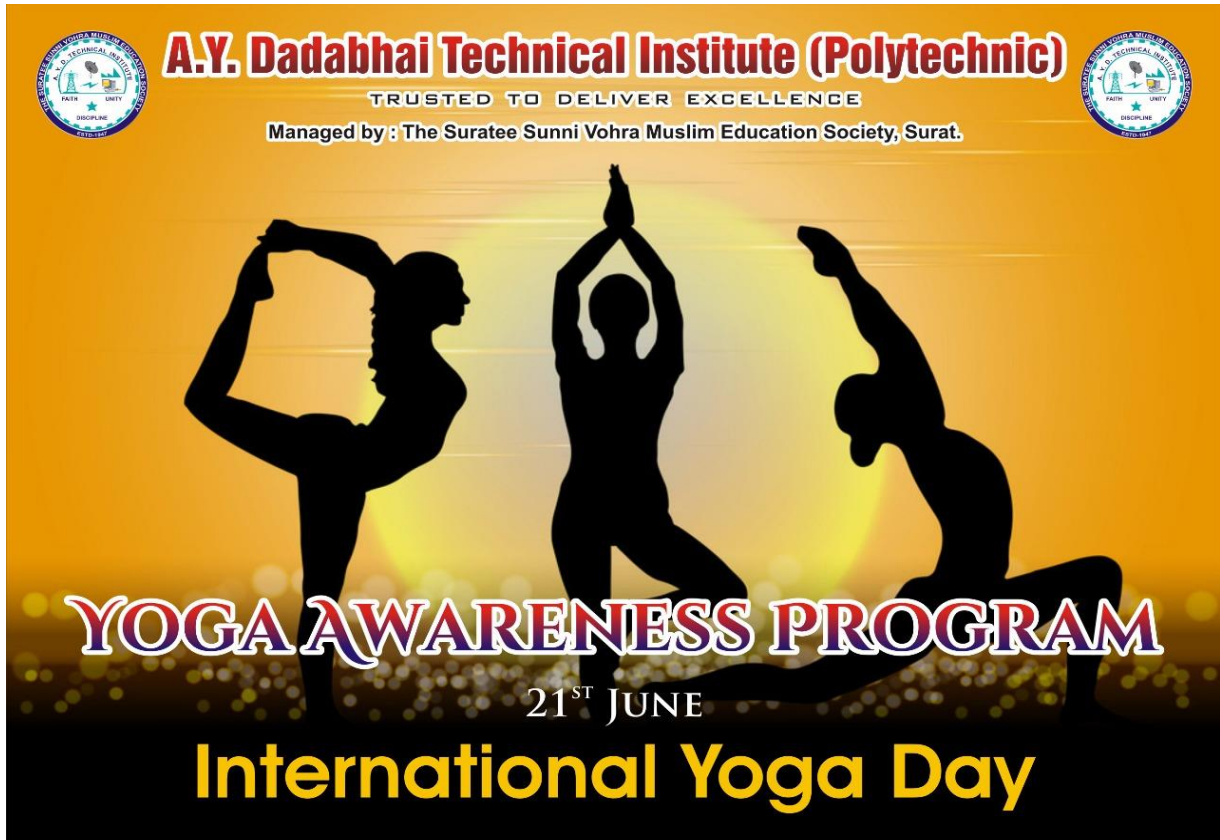
**A.Y.DADABHAITECHNICALINSTITUTE,  
KOSAMBA**



**REPORT**

On

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



**Date:** 21<sup>st</sup> June – 2023. – Wednesday.

**Time:** 06:00am onwards.

**Place:** Seminar hall of “B” wing

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 2023 at A.Y.Dadabhai Technical Institute, Kosamba, had arranged "Yoga Shibir" for 1st year students of diploma engineering at Seminar hall of "B" wing. This year, the theme for International Yoga Day 2023 is 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.' Ministry of AYUSH has chosen this theme for the 9th International Day of Yoga 2023 to be organized in India and across the globe on June 21, 2023.

On this occasion, we had invited the famous personality Mr. KEYUR V. MODI (Yoga Trainer). He is currently associated with Innovation Fitness Gym and Yoga Institute.

We had started our program at 06:30 am with prayer. The director of institute Mr. M.M.Dalchawal welcomes the guests with flower bouquet and gave introductory speech. The trainer Mr. Keyur Modi had given his valuable guidance to the students. We have start our Yoga session at 07:00 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, KapalBhaati, 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. Anitaben gohil 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	21-06-2023	53	5

## Details of Yoga Trainer:

Name: **Mr. Keyur Modi**

Mobile no: **+91-8128010707**

Mail ID: [keyz07modimech@gmail.com](mailto:keyz07modimech@gmail.com)

Institution: Innovation fitness gym and Yoga institute

## Details of Yoga Coordinator of Institute:

Name: **Mr. Maulik Khalasi**

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

## PHOTOS:

