



21-06-2019

## Report on International Yoga Day 2019 Celebration

Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modi, 21<sup>st</sup> June has been declared as INTERNATIONAL YOGA DAY. Yoga has not been limited and restricted to any community, religion, area, nation, society or any individual economy, but today the entire world has accepted and started practicing yoga. The whole credit for this completely vested to our culture roots. It has been decided and declared to celebrate at National State, District, Taluka, Villages as well as individual, Institutions, Universities and NGOs too.

### Brief Details about International Yoga Day Celebration at Your Institute on 21<sup>st</sup> June-2019 in 100 words:

21<sup>st</sup> June, 2019 "**INTERNATIONAL YOGA DAY**" was celebrated in **A. Y. Dadabhai Technical Institute** along with whole world. This day was celebrated very successful due to very effective Yoga training. Different yogasana was started early 08:00 am in the morning and performed by the students very effectively along with the staff members. All selected yogasana was followed by **Kapalbhati**, **Anulom-vilom** and **pranayam** as per the guideline of Ministry of Ayush, Govt. Of India. This yogasana was strictly start up with **prarthana** and ended with **santi path**.

### Details of no. of participants on Yoga Training Sessions & International Yoga Day Celebration:

Sr. No.	Date	No. Of Student	No. of Faculty/Staff
1	21-06-2019	57	15

### Details of Yoga Trainer:

Name: **Gamanbhai Prajapati**  
Mobile no: **+91-9909951841**  
Mail ID: **gamanbhaiprajapati@yahoo.com**  
Institution: **Patanjali Yogpith, Kosamba branch, C/O Haridwar.**

### Details of Yoga Coordinator of Institute:

Name: **Sabirkhan S. Pathan**  
Mobile no: **+91-9375988373**  
Mail ID: [sabirpathan123@gmail.com](mailto:sabirpathan123@gmail.com)  
Institution: **A. Y. Dadabhai Technical Institute, Kosamba, Ta-Mangrol, Di-Surat.**