

2nd International yoga day celebration at GIDC DEGREE ENGINEERING COLLEGE, Navsari on 21st June, 2016

As per the direction received from GTU, Ahmedabad and DTE, Gujarat we have celebrated 2nd International Yoga Day at our institute. Ms Manjuben and Ms. Panna Naik, Yoga instructors from Art of Living were invited at our institute for the yoga performance .The participants were introduced the basic yoga and then they performed various types of Yogasanas. Number of participants have enthusiastically taken part in the event. Teaching faculties, Non-teaching staff including technical and supporting staff and students remained present. They took the advantages of the various types of yogas and also knew the health benefits of yogas. All the participants wish to continue such healthy activity at their homes on regular basis. The faculty members Dr. S. S. Patel coordinated the whole program. Under the agenda of activities Prof. Harshal G. Vashi organised essay competition of the students for different topics of yoga related with the help of all department staff members (Prof. Bhavin Trivedi, Prof. Jay Desai, Prof. Nilesh Rathod, Prof. Mihir Naik, Prof. Bhumika Patel, Prof. Vibhuti Patel, Prof. Daksh Tandel & Prof. Sunil Khokhar). Really it was a wonderful programme arranged in a nice way under the supervision of our principal Dr. K. N. Mistry.

