

Report
International Yoga Day Celebration - 2019



'Yoga 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 yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change.'

Indian Prime Minister Narendra Modi

"Yoga" means "union." Its goal is union with the infinite, a goal which can be reached by any number of routes; but just as there is one ending, so there is one beginning, the asanas of Hatha Yoga, which are the precondition of every advance. It would be possible to make yoga a life's occupation, giving up more and more of one's time to its refinement. For me yoga is primarily a yardstick to inner peace. In my life yoga is an aid to well-being, permitting me to do more and to do better."

"Yoga teaches us to cure what need not be endured and endure what cannot be cured."

B.K.S.Iyengar

Description of 5th International Yoga Day Celebration 21st June 2019 at Campus:

GIDC Degree Engineering College, Abrama enthusiastically celebrated 5th International Yoga day, at GDEC Campus on 21st June, 2019, Friday. It was grand convergence of Yoga practice. Many students and staff took part in this celebration and practiced YOGA. It was a matter of joy for all Yoga Enthusiasts that the “Vishva Yoga Divas- WORLD YOGA DAY” got declared to be celebrated on June 21st. The day was chosen as it’s the longest day of the calendar year, a day connected with Sun, light and nature and not a day of personal importance. The program was conducted using common YOGA protocol. Proper scientific instructions were given for all the yoga asanas and all the participants performed it as per instruction. Various asanas like Makarasana, Pavanmuktasan, Tadasan, Vrikshasana, Savasan, etc. were performed and its uses were told to all. Yoga develops strength and balance as well as inner peace. All yoga styles create a feeling of lightness, ease and relaxation. The participants felt that YOGA helps to tie the strands of mind together with our body through our breath.

Principal:

Dr.N.D.Sharma

Nodal officer

1. Prof. Toral Patel

2. Prof. Vikunj Tilva

Assistant Nodal officer

1. Prof. Kaushal Kevadia

Photographs:



