

VIDHYADEEP INSTITUTE OF BUSINESS ADMINISTRATION, ANITA

Report on

International Yoga Day 2022 *Yoga for Humanity.*

**This year, the theme for
International Day
of Yoga was
“Yoga for Humanity.”**

Date:	21 st June 2022
Time:	7:00 AM
Venue :	Vidhyadeep Campus Seminar Hall
Guest of Honour :	Shri Manoj Devipoojak – (Taluka Co-ordinator) Dr. Ashok Kumar – (PHC-Kim) Brahma Kumaris – (Olpad)
Trainer –	Miss Rinkal Gajjar
Invitees-	Mr. Jayanti Patel (Chairman) Mr. Hiren Patel (Trustee) Mr. Mukund Patel (Campus Director)
Participants -	Faculties and students of all Dept

21st June is celebrated as the International Yoga Day every year since 2015. The term “yoga” was coined from two Sanskrit words - “Yuj,” which means together and “Yujir”, which means “to unite”.

Prime Minister Narendra Modi inaugurated the main event of the International Day of Yoga in the backdrop of the iconic Mysuru Palace on Tuesday.

Thousands of people also participated in the mass Yoga demonstration along with the Prime Minister. A live demonstration of the Common Yoga Protocol, involving about 3,000 people, was performed by the experts from Morarji Desai National Institute of Yoga under the leadership of its director Ishwar V Basavaraddi.

Our Program was associated with Nehru Yuva

Kendra – Surat, co-ordinate by Mr. Manoj Bhai Devipoojak (Co-ordinator of Olpad Taluka).

We all started with the live program of yoga along with our Prime Minister at 7:00 AM.



Followed by the basic exercise program by Brahma Kumaris who joined us from Olpad.



We moved to Deep Pragatya and welcomed our Guest and Invitees.



MISS RINKAL GAJJAR started the Yoga Program then after with the basics Rotational exercises and some Asanas.



Faculties and Principal of all departments along with Mr. Hiren Patel and Mr. Mukund Patel joined us in the program at Seminar Room and there was separate arrangement for the students of all departments at the corridor of Building A. Students of Physiotherapy took the lead of the program.



The program ended up with some light refreshment. The program was hosted by BBA & BCA department co-operated by all students, volunteers, faculties and Principal of the same department.

