



Swaminarayan Vividh Sevaniketan Trust Managed

NARNARAYAN SHASTRI INSTITUTE OF TECHNOLOGY

Swaminarayan Gurukul, At: Jetalpur, Ta: Daskroi, Dist: Ahmedabad – 382 426.

Tele Fax No: 02718 – 282415, 02718 – 233701,

Email: nsitgurukul@yahoo.com, Website: www.nsitgurukul.com

Report on International Yoga Day 2016 Celebration

Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modi, 21st 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 Yoga Training by Institute from 15th to 20th June-2016:

In respect of 21st June 2016 our college celebrated one week of Yog by performing Yogasans, Pranayams and related activities from 15th to 20th June 2016. College invited professional trainer, Dr Mohan Bhagat for one week to celebrate these days. During these days, lots of faculties, students and non academic staffs participated in training and practice of Yog session.

All staff members, students learned different Yogasans, Pranayam, Syryanamaskara, Niyams and Dhyan. Details of activities are below:

Day	Date	Time	Activities
1	15-06-2016	9.00 to 10.00	Warming up, What is Yoga, Standing Yogasans
2	16-06-2016	9.00 to 10.00	Yogasans by Seating
3	17-06-2016	9.00 to 10.00	Yogasanas on Back
4	18-06-2016	9.00 to 10.00	Yogasans on Abdomen
5	20-06-2016	9.00 to 10.00	Pranayams
6	21-06-2016	10.00 to 01.00	Yog in details, Important of ॐ

Yoga Training Sessions Photo Gallery:





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Brief details about International Yoga day celebration at our institute on 21st June 2016.

On last day, 21st June 2016 in our college Dr Mohan Bhagat furnished us very scientific knowledge about Yog, Pranayam, ॐ chanting and its' benefits. Moreover he taught us various Hand Mudras, by using which anybody can cure lots of diseases and can improve mental ability. Brain related activities also were performed for better utilization of sub and unconscious mind effectively.

Overall these program provide us very fruitful information about our ancient medicinal method and we got very positive response from faculties and students.

International Yoga Day Celebration Photo Gallery (5 Photos):





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

Sr. No.	Date	No. Of Student	No. of Faculty/Staff
1	15-06-2016	45	30
2	16-06-2016	42	32
3	17-06-2016	44	29
4	18-06-2016	40	32
5	20-06-2016	39	33
6	21-06-2016	50	82



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Details of Yoga Trainer:

Name: Dr. Mukesh Bhagat

Mobile no: 9909950554

Mail ID: nsitgurukul.com

Institution: -

Details of Yoga Coordinator of Institute:

Name: Mr. Harshad Shantibhai Patel

Mobile no: 9558281696

Mail ID: patel_harshad85@yahoo.co.in

Institution: Narnarayan Shastri Institute of Technology - Jetalpur

Details of Yoga Practice Winner:

Winner Rank	Enrollment No.:	Student Name
1 st	150340131023	Jain Sweta R.
2 nd	150340131044	Pathak Isha A.
3 rd	150340131037	Patel Madhavi A.
4 th	150340131025	Kshatriya Jay D.
5 th	150340131058	Yagnik Urvi J.

Details of Yoga Essay Completion winners at institute:

Winner Rank	Enrollment No.:	Student Name
1 st	140340119037	Nimeshkumar Mahida
2 nd	150340102028	Dhruvin Patel
3 rd	150340131018	Gadhesara Kinjal M.
4 th	140340119034	Khushwaha Jignesh V.
5 th	130340119040	Nisarg B. Mehta