

NARNARAYAN SHASTRI INSTITUTE OF TECHNOLOGY
At. Jetalpur. Ta. Daskroj, Dist. Ahmedabad-382427.

Narrative Report
of
“Institute Yoga Program”
on
International Day of Yoga



Date : 21st June 2017

Report by

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1.Details of Event

Name of Event	Yoga for Life
Theme	Encourage students and faculties to include yoga in daily life for better health and peaceful life
Speaker	Dr. Sanjay B. Joshi
Yoga Instructor(s)	Mr. Harshad Patel (Mechanical Dept. , NSIT) Mr. Nimesh Saxena (Electrical Dept. , NSIT)
Organized by	NSIT, Jetalpur
Date	21 st June 2017
No. of people	50-80
Activities carried out	<ul style="list-style-type: none">- Guidance regarding the Importance of Yoga in Health- Knowledge sharing regarding the Usage of Natural products and its benefits described in Ayurveda- Surya Namaskar performance- Yogasana Performance- Pranayam Performance
Time	9:00 am – 12:00 noon
Day known as	International Day of Yoga
Place	At Jetalpur, Ta. Daskroi, Dist. Ahmedabad

2.About the Event

Introduction

While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014, the Honorable Prime Minister of India Shri Narendra Modi urged the world community to adopt an international Day of Yoga. Then after every year June 21st is celebrated as International Day of Yoga worldwide.

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change.

Guidance and Information Sharing about Yoga

The event started by inviting all student and faculties with warm welcome by honorable Speaker and Principal Dr. Sanjay Joshi. As he was accompanied by our Yoga Guide/instructor Mr. Harshad Patel and Mr. Nimesh Saxena. The event was carried out under the supervision of them in the best ambiance and spiritual atmosphere of NSIT.

The program started with the “Prarthna” (spiritual dedication to God). Then a small talk on the usage of the natural products and their benefits was carried out by Mr. Harshad Patel. In addition to this he also shared his knowledge about ayurveda and remedies available in ayurveda for some of the most famous diseases in the society now days.

Introduction about the Yoga followed that brief talk. In the session of Yoga, initially participants were given knowledge about the Yoga, its organs, its types etc. In addition to this he added that Yoga is also one of the important part of good health for human life. This brief introduction was including knowledge of the spiritual power of Human body.

All participants were then instructed by him and Mr. Nimesh Saxena to perform various Yoga activities. Yoga activities were properly guided through a Picture representation so all can understand postures, breathing etc. during the activity of yoga. Yoga activity performance started with the “Surya Namaskara”. Following it various Yogasans (Standing posture, sitting posture, sleeping posture etc.) were performed by the participating students and faculties as per the best of their capabilities. The demonstration was spot on by the Yoga instructors as a part of safety measures. Not only the Yogasans but Pranayams for various inherent pains and diseases were performed to reduce stress and other internal body problems. More importantly and with proud some of elder faculties were so much athletic, they were able to perform some of the most difficult Yogasans postures very easily.

Finally to rest the body after performing the Yogasans some Pranayams were performed which re-energize the participant and changed their mood to be a fresh person. The session concluded with the vote of thanks by the speaker.

Event Photos



Starting of Program with “Prarthna”



Mr. Harshad Patel explaining importance of Yoga and Natural Productes



Participants performing the Surya Namaskara



Performance of Yogasana during event (standing posture)



Performance of Yogasana during event (sitting posture)



Performance of Pranayama during event

3. Observations

- Active participation of faculty members and students of NSIT along with invited staff from administration department of Institute
- Knowledge sharing on various topics of usefulness of better food habits, Exercise in daily life
- Active participation mad the participants feel more relaxed and energized than before.

4. Conclusion

At the end of event we found that the event was highly appreciated by participants as it was rich with information and benefits of Yoga and ayurveda in life.

