

HJD Institute of Technical Education & Research, Kera-Kutch

A Report on World Yoga Day

21st June, 2015

Under Commissionerate of Technical Education, Gujarat State

HJD Institute of Technical Education & Research, Kera celebrated “World Yoga Day” as per instructions from Commissionerate of Technical Education, Gujarat State on 21st June, 2015. Program started with the speech of Hon. Prime Minister Shree Narendra Modi. Then after from 7 o’clock onwards various Yogasans were performed. On this occasion, Yoga teacher Ms. Nisha Sakariya was invited from local region as an Expert. Ms. Nishita Payar helped her as an assistant for the Yoga. Yogasans like Tadasan, Vrukshasan, Trikonasan, Ardha Katti Chakrasan, Ardha Tadasan, Shashankasan, Anulom Vilom, Brahmari, Bhastrika, Savasan, etc. were performed during the session. In this session around 350 students and staff members from institute participated with joy and enthusiasm.



At the end of this function, Principal of the institute Dr. Rajesh Patel recommended all the participants to do Yogasans regularly and appreciated the presence of all the participants. Shree Jagdishbhai Halai, Chairman also appreciated the presence of all the participants. Whole function was organized by Sports committee and NSS of the institute under the guidance of Principal Dr. Rajesh Patel. In this program Hemanshu Joshi, Haresh Chande, Ashish Aboti, Hardik Bhatt, Dipesh Pindoriya, Sumit Prajapat, Sagar Thacker, Mukesh Lochhab and Jigar Soni played an important role as a volunteers.