



## **GUJARAT TECHNOLOGY UNIVERSITY**

### **NATIONAL SERVICE SCHEME**

### **HJD INSTITUTE OF TECHNICAL EDUCATION AND RESEARCH (085)**

### **A Report on INTERNATIONAL YOGA DAY CELEBRATION on 21<sup>TH</sup> JUNE' 2019**

**NSS Unit Name/College Name: HJD INSTITUTE OF TECHNICAL EDUCATION AND RESEARCH (085)**

**Event Name: INTERNATIONAL YOGA DAY CELEBRATION**

**Event Date, Time and Location: 21<sup>TH</sup> JUNE 2019 AT HJD CAMPUS**

#### **Brief Description of the Event:**

HJD Institute of Technical Education and Research, Kera celebrated “International Yoga Day” as per instructions from NSS-GTU on 21st June, 2019. Program started with the speech of Sports teacher Mohinder Mashih explaining about the importance of Yoga in daily life. Then after from 8:15 o'clock onwards various Yogasans were performed. On this occasion, Mr. Mohinder Mashih helped as an assistant for the Yoga. Yogasans like Surya Namaskar, Tadasana, Vrukshasan, ArdhaChakrasana, Vajrasana, Anulom Vilom, Savasana, and exercise, etc. were performed during the session. In this session Institute Chairman Hon. Jagdishbhai Halai, Institute Coordinator Rasila Hirani, staff members from all Department and around 649 students were participated with joy and enthusiasm.

At the end of this function, Institute Sports Teacher Mohinder Mashih recommended all the participants to do Yogasana regularly and appreciated the presence of all the participants. Whole function was organized by NSS/Sports committee under the guidance of Chairman Shree Jagdishbhai Halai. In this program Pravin Hirani, Mohinder Mashih, Gajendrasinh Sodha played an important role as a volunteers.



"Celebration of International YOGA Day" On 21st June 2019 @ HJD INSTITUTE-KUTCH



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**Mr Pravin L. Hirani**  
NSS Programme Officer

**Dr. Kalpana Maheshwari**  
Principal