



DR. JIVRAJ MEHTA INSTITUTE OF TECHNOLOGY  
MOGAR, ANAND



**A**  
**REPORT**  
**ON**  
**INTERNATIONAL YOG DAY**  
**CELEBRATION**  
**ON**  
**21<sup>ST</sup> JUNE, 2021**

Jointly Organized with DJMIT NSS Cell and ASHYSH



### **About International Day of Yoga**

It is celebrated annually on 21<sup>st</sup> June since its inception in 2015.

YOGA is a physical, mental, and spiritual practice attributed all across the world which leads to a holistic approach to health and humanity. Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. Yoga postures and conscious breathing practice has proved to prevent and cure numerous diseases as well leading to a happy and healthy life.

### **About the Event**

The celebration was organized by Dr. Jivraj Mehta institute of Technology, Mogar under the guidance and support by Respected Principal Sir and DJMIT Management.

**TITLE : INTERNATIONAL YOG DAY CELEBRATION 2021**

**VENUE : M V HALL (1ST FLOOR)**

**DATE : 21ST JUNE 2021**

**TIME : 9.30 AM**

**INSTRUCTOR : DR. KAJAL RAO, Head, English Dept and Dir.- Yog Courses ASHYSH**

### **Coordinators of the Event:**

Prof. Mahesh Chavda, (DJMIT NCC Cell-Coordinator and Member, Committee-7

Prof. Kalpesh Soni, Member, Committee 7

Prof. Avdhoot Jejurkar, Convener, (Cultural-Sports-Technical Committee-DJMIT)  
(Committee 7)

### **Yog session**

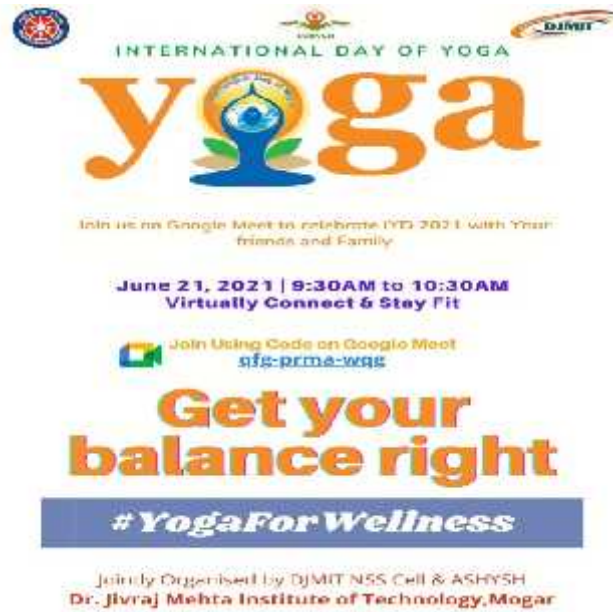
The celebration at DJMIT Campus was graced by the presence of the dignitaries:

Respected Shri. Sanjay Shrimali Sir, Director, DJMIT

Respected Dr. Nanak Pamnani Sir, Principal-DJMIT and

Respected Dr. Vipul Rajput Sir, Vice-Principal-DJMIT

Prof. Avdhoot Jejurkar, Convener, (Cultural-Sports-Technical Committee-DJMIT)  
(Committee 7) gave a warm welcome to the dignitaries as well as online and offline participants. Then Dr. Nanak Pamnani, Principal-DJMIT gave a brief speech about Yog and its benefits.



**DJMIT-IYD Celebration Sticker with Google Meet Link**



**Dignitaries: Shri Sanjay Shrimali Director-DJMIT, Dr. Nanak Pamnani Principal-DJMIT and Dr. Vipul Rajput Vice-Principal-DJMIT**



**Welcome to Dignitaries by Prof. Avdhoot Jejurkar**



**Speech by Dr. Nanak Pamani, Principal-DJMIT**

The Celebration was offline as well as online. Owing to the precautions against the Pandemic of Covid-19, all necessary steps were taken like social distancing, mask, etc.

The participants included HoDs, Faculties, Staff members who were offline with etiquettes of Covid-19 precautions as well as of Yog Practicing ethics. The online participants included staff as well as students who were able to join through online platform Google Meet. All were sent invitation and the General Hints while performing Yog at Home as well as any common place/ hall.

The program began as per the Yog Instructor Dr. Kajal Rao. She started with Shloka and Prayer and then recital of OM before beginning with the regular Yog Session and demonstration. She along with the participants demonstrated various exercises and Asanas.

Enthusiasm of participants as well as their support was the reason for the grand success of the celebration. At the end of event refreshments were offered.

### **GLIMPSE OF YOGA DAY CELEBRATION**



**Demonstration By Dr. Kajal Rao,  
Head-English Dept and Dir.-Yog Courses, ASHYSH**

## MEDITATION AND DIFFERENT ASANAS



## ONLINE PARTICIPATION BY STUDENTS



The Total of about 70 participants were involved in the activity including Dignitaries, Heads, Faculties, Staff as well as students. The program was successfully completed by the support of everyone.

**Report Prepared By:  
Prof. Avdhoot Jejurkar**