Vidyabharti Trust College of Master in Computer Application (MCA & MBA), Umrakh

Approved by AICTE, New Delhi and Affiliated to GTU, Ahmedabad.

10th International Yoga Day

Introduction:

The 10th International Yoga Day, held at Swaraj Ashram in Bardoli, saw enthusiastic participation from faculty members, students, and the local community. The event, organized by the Government of Gujarat, began at 6:00 AM with a series of activities designed to promote the benefits of yoga and holistic wellness. The event was graced by several esteemed dignitaries, including **Shri Mukeshbhai Patel**, Minister of Gujarat; **Shri Ishwarbhai Parmar**, MLA of Bardoli; **Shri Prabhubhai Vasava**, Member of Parliament from Bardoli; and **Jignaben Parmar**, Prant Officer of Bardoli.



Activities:

1. **Yog Abhiyas (Yoga Practice):** The event commenced with Yog Abhiyas, where attendees participated in various yoga postures under the guidance of experienced instructors. This session emphasized flexibility, strength, and mindfulness, highlighting the physical and mental benefits of regular yoga practice.
2. **Pranayama (Breathing Exercises):** Following the yoga session, participants engaged in Pranayama exercises. These breathing techniques aimed to enhance respiratory efficiency, reduce stress, and improve overall mental clarity.
3. **Addresses:**
    - **Shri Bhupendrabhai Patel:** The Chief Minister of Gujarat addressed the gathering through a recorded message. He emphasized the significance of yoga in

fostering a healthy lifestyle and urged participants to incorporate yoga into their daily routines.

- **Narendra Modi:** The Prime Minister of India addressed the nation from Srinagar through a live telecast. His message underscored the global relevance of Yoga Day and its role in promoting peace, harmony, and well-being.

4. **National Anthem:** The event concluded with the singing of the national anthem, instilling a sense of unity and patriotism among the attendees.





The faculty from Vidyabharti Trust College of MCA found the event to be an enriching experience. They appreciated the structured yoga sessions and the informative addresses by the dignitaries. The participation fostered a sense of community and well-being, aligning with the broader objectives of International Yoga Day. Faculty members reported feeling invigorated and more mindful after the session. They expressed their intention to incorporate yoga into their daily routines and suggested organizing similar sessions within the college to benefit the entire academic community.





***Conclusion*:**

The faculty's participation in the 10th International Yoga Day at Swaraj Ashram, organized by the Government of Gujarat, was a resounding success. The event not only highlighted the significance of yoga but also reinforced the commitment to health and wellness among the academic staff. The presence of esteemed dignitaries and the seamless organization added to the event's impact and effectiveness.

