 

**“YOGA SESSION”**

**On the Occasion of “International Yoga Day”**

**ORGANIZED BY**

**NSS COMMITTEE**

**FROM**

**13-06-2022**

**TO**

**21-06-2022**

**AT**

**Seminar Hall,**

**TAPI DIPLOMA ENGINEERING COLLEGE**

**REPORT PREPARED BY:**

# Mr. D. S. JARIWALA

## NSS COORDINATOR &LECTURER IN MECHANICAL DEPARTMENT

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Yoga is known for its amazing health benefits. International Yoga Day, celebrated on the 21st of June each year ever since its inception in 2015, is a great effort to emphasize the importance of inculcating this ancient Indian art in our lives. The proposal to celebrate International Yoga Day was put forward by the Indian Prime Minister, **Shree. Narendra Modi** in September 2014.

We arranged total 7 sessions from **13th June to 20th June** for students of various branches where around **200 students** were participated.

**Mr. Kush patel**, who is 3 time champion in international yoga competition, was a guide for yoga session. Under his guidance around **75 staff** members was performed different yoga’s

Today **21st June 2022**, in our campus we have celebrated yoga day with all students, staff, and trustee members. Programme was started at 8.00 am proceed by Three OMKAR’S followed by sweet melody of trust song and further YOGA session was commenced by Mr. Khush Patel for an hour.

During the session atmosphere was enthusiastic and found helpful for all the participants. At last the programme was concluded by National Anthem at 10.15 am.



Mr. Kush Patel –Yoga Trainer



**Dr. Y.S.Choupare (Principal), Dr. K.D.Vaghani(Treasurer-STBS Trust) with staff members**.





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**Principal**

**Dr. Y. S. Choupare**