

**GUJARAT TECHNOLOGICAL UNIVERSITY**

*A REPORT ON*

# **5<sup>th</sup> International Yoga Day**

*Organized on 21<sup>st</sup> June 2019*

*at CKPCET, Surat*



**009 - C. K. PITHAWALLA COLLEGE OF ENGINEERING AND TECHNOLOGY**

**SURAT**

**(AISHE Code- C-372)**

**June-2019**

### **Program Details**

**Event:** 5<sup>th</sup> International Yoga Day

**Date:** 21.06.2019

**Day:** Fiday

**Venue:** Seminar Hall, D2 Building, CKPCET, Surat

**Conducted by:** Isha Foundation, Surat Branch

**Attendees:** All staff members of the institute

### **Program Schedule**

**Time :** 02:30 am to 4:15 pm

**Event :** 5<sup>th</sup> International Yoga Day

**Conducted By:** Mr. Dipakbhai Desai, Member, Isha Foundation, Surat Branch

Mr. Kaushalbhai Parekh, Member, Isha Foundation, Surat Branch

**Managed By :** Dr. Chetan K. Lad, Asst. Prof., EED, CKPCET, Surat

Mr. Jayantibhai S. Vasava, PTI, CKPCET, Surat

## **Summary of the Event**

The 5<sup>th</sup> International Yoga Day is celebrated at C. K. Pithawalla College of Engineering & Technology on 21<sup>st</sup> June 2019 in connection with Isha Foundation (Surat Branch).

All the faculty members are invited for Yoga practices on the 5<sup>th</sup> International Yoga Day. Mr. Dipak Desai and Mr. Kaushal Parekh from Isha Foundation have conducted the “Up-Yoga” session on the event.

Various up-Yoga activities are performed in the session are as follows:

1. Directional Movement of Arms
2. Neck Practices
3. Yoga Namaskar
4. Nadi Suddhi (Pranayam)
5. Nada Yoga
6. Meditation

Total 34 faculty members have performed Yoga activities in the event under the guidance of members of Isha Foundation.

Dr. Chetan Lad and Mr. Jayanti Vasava have acknowledged Members of Isha Foundation and staff members to make the even successful.

## Glimpses of the Event



