

INTERNATIONAL YOGA DAY CELEBRATION – 2025

Event Details

- **Date:** 21st June 2025
- **Venue:** GMCA, Maninagar
- **Event Name:** International Yoga Day Celebration
- **Faculty Members Involved:** Dr. Chetan Bhatt, Dr. Bhavesh Prajapati , Prof. Nirali Sheth, Prof. Nisha Chavda, Prof. Darshan Modi, Prof. Parth Goswami , Dr. Jaimin Dave.
- **Chief Guest :** Mamlatdar Shree. Divakar N Badheka , Maninagar Mehsul Bhavan
- **Yoga Instructor :** Nitinbhai (Vivekananda Kendra Kanyakumari, karnavati vibhag)

Introduction

The 11th International Yoga Day celebration is organized at GMCA on 21st June 2025 at 8:30 AM. This session will be conducted by expert yoga trainers of Vivekananda Kendra Kanyakumari, karnavati vibhag. The celebration aimed at spreading awareness about the benefits of yoga in maintaining a balanced lifestyle and overall well-being. The event began with a welcome address by student anchors, emphasizing the importance of yoga for physical fitness, mental clarity, and spiritual growth.

Students actively participated in the yoga sessions under the supervision of trained instructor. Posters and banners displaying the benefits of yoga were also showcased to spread awareness across the campus. The event concluded with a pledge to adopt yoga as a part of daily life for better health, mindfulness, and harmony.

Program Highlights

1. Inaugural Session: Address by the Principal highlighting the global recognition of Yoga Day.
2. Yoga Demonstration: Participants performed various asanas such as Surya Namaskar, Tadasana, Vrikshasana, Bhujangasana, and Trikonasana under expert guidance.
3. Pranayama & Meditation: Breathing techniques and meditation practices were conducted to encourage mindfulness and stress management.
4. Awareness Activity: Posters and banners displaying yoga's health benefits were showcased by students.

Vote of Thanks

The event concluded with a vote of thanks to all faculty members, coordinators, and participants. Special appreciation was extended to the yoga instructor and student volunteers for their dedication.

Conclusion

The International Yoga Day Celebration 2025 was a remarkable success, motivating students and staff to adopt yoga as a part of their daily routine. The event reinforced the values of discipline, harmony, and healthy living within the institution.

Photos



