

NSS of Uka Tarsadia University

Write -Up on Celebration of International Yoga Day

Date: 21-06-2020

International Yoga Day was celebrated by the students and teachers at Uka Tarsadia University with great enthusiasm. Due to COVID- 19 Pandemic, the government of India has issued several guidelines for social distances. Keeping to mind all this National Service Scheme of Uka Tarsadia University has decided to celebrate International Yoga with the help of technology. Shri Dilipbhai Patel, Yoga Prashikshak (QCI-ministry of AYUSH - GOVT. of INDIA and yoga alliance -the USA) has conducted an online session for Yogas and Aasanas. The entire program was telecast live on Facebook and YouTube page of Uka Tarsadia University. The program begins at 9.00 A. M. in the morning. Dr. Ketan Ranch and Dr. Sandesh Lodha worked as the host for the program. Shri Dilipbhai Patel follows the international Yoga Protocol. He began the session with prayer and warm-up exercises. Then he demonstrates various asana like Pavanmuktasan, Chakrasan, Halasan, Siddhasana, Mayurasana, etc. After Aasanas he performed Pranayam like Kapalbharati, Anulom Vilom, and Bhambri. At the end of the session, he did meditation and prayer.

The session was concluded by Dr. Divya Gadaria. She asked the viewer to take Sankalp to do yoga every day for the well-being of the country, society, and family along with Shantipath.

She also proposes a vote of thank management and audience for encouragement and support. The program was a huge success as it recorded more than 300 viewers on social media.





