



B.V. Patel Institute of Commerce, Uka Tarsadia University



Date: 21/06/2024

Report on International Yoga Day Celebration

Event	International Yoga day celebration
Date of event	21/06/2024
Participants	All Students and Faculties of Commerce and Management
Resource Person	Miss World Yogini Pooja Patel

Event Description:

The Faculty of Commerce and Management on occasion of international yoga day organised session in collaboration with NSS club the activity with great pomp and show.

The major objective of the programme was to make the students aware of the importance of yoga in one's life. Miss World Yogini Pooja Patel was invited as the chief guest of the event. She



provided immense knowledge on the benefits of yoga including improving fitness, reducing stress as well as improvement of concentration, self-confidence and coordination. She also demonstrated certain yoga asanas which included the Bhujangasana, Matsyasana, Chackrasana, Dhanurasana etc. All the students with

faculties actively participated in the event.



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Glimpse of the Event

