

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

### **Spiritual Club** **International Yoga Day**

Date: 21/06/19

On the occasion of International Yoga day on 21<sup>st</sup> June, 2019, B. V. Patel Institute of Commerce conducted yoga session for students of B. V. Patel Institute of Commerce & Management. Yoga develops strength and balance as well as inner peace. All yoga styles create a feeling of lightness, ease and relaxation Dr. Rajal Sukhiyaji, who is a Certified Aerobics trainer, Pilates, Power Yoga trainer and also sports physiotherapist from Shrimad Rajchandra College of Physiotherapy, UTU was invited to demonstrate various “asanas”, to students.



The Yoga session was started with a brief introduction, benefits and the usefulness of Yoga & correct methods of doing yoga. Dr. Rajal also listed importance of mind, body and soul nourishment through YOGA. The session was followed with a round of warm up exercises, various asanas like Suriyanamaskar, Makarasana, Tadasan, Vrikshasana & Power yoga were performed and its uses, followed by relaxation exercise. The program was very well received by the participants.

