



B.V. Patel Institute of Commerce



Details about event

| | |
|---------------|------------------------------------|
| Event | International Yoga Day Celebration |
| Date of Event | 21 st June, 2022 |
| Time of Event | 10:30 am to 11:30 am |
| Participants | 27 students |
| Coordinator | Dr. Yagna Vyas, Ms. Kinjal Mistry |

B.V Patel Institute of Commerce has celebrated International Yoga Day, on 21st June, 2022. Mr. Jitesh Jariwala, Assistant Professor of Maliba Pharmacy College, who is a certified Yoga Trainer was invited to conduct the session. He taught Pranayam, various Asans and the importance of yoga to the students. Total 30 students were present. Students enthusiastically learned various asans followed by the meditation. The objective of the session was to help students in improving their concentration and attaining inner peace. They also get to know that by doing yoga on regular basis may help person to improve life physically, mentally and spiritually as well.

Glimpse of the event



