

**INTERNATIONAL DAY OF YOGA**  
**YOGA SESSION PRACTICE**

*A Report on*

# International Day of Yoga



***Laxmi Institute of Technology, Sarigam***

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*Gujarat Technological University, Ahmedabad.*

*(Institute Code: Degree-086)*

Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul, which create the oneness of own self. It has been an immense pleasure to be a part of NSS unit of Laxmi Institute of Technology, Sarigam to celebrate the **INTERNATIONAL DAY OF YOGA** on 21<sup>st</sup> June 2015.

Yoga is the perfect opportunity to be curious about who we are, one can enter the path of yoga when one is frustrated with our own mind and one who is peace-minded it helps to increase his/her willpower.

As the training had started from 15<sup>th</sup> June 2015 itself for yoga, on that day all the students and faculties had performed yoga without any doubts in minds which made realised the importance of yoga in life and gave them courage to join yoga next day also. On 16<sup>th</sup> June 2015 our Honourable Director sir **Brig (Dr) VD Abraham** had also joined with us for yoga and M.C.A, M.B.A students as well as faculty also participated for yoga training. In the same way the yoga training continued till 20<sup>th</sup> June. On 21<sup>st</sup> June, all the faculties on the occasion of **INTERNATIONAL DAY OF YOGA** along with the students participated in the Yoga Session which was guided by the director of L.I.T. **Brig (Dr) VD Abraham** and the NSS Diploma Coordinator **Mr. Vijay Nirmal**. Under the pleasant nature all the students and faculties took advantage of nature and followed the instruction given by the instructor and completed the yoga session.

### **The Motivational Speech given by the Director Sir:**





## **1. Meditation done by the student**



## **2. Our Male faculties were also involved in Meditation**



## **3. Our Female faculties were also involved in Meditation**



#### **4. Breathing Exercise:**



## **5. Stretching Exercise:**



## **6. Moment of Right hand with Thumb**



## 7. Savasan



Savasana is the last asana of yoga where one can leave all the worries of the past day and prepare themselves for the day which they are going to face. Past is our history, future is our misery, and present our gold, where one can utilise the time for yoga to make our health more better than yesterday.

All great achievements require time. Our NSS unit with programme officer gave time to the colleges and the faculty of Laxmi Institute of Technology in order to give them training for yoga from 15<sup>th</sup> June 2015 to 21<sup>st</sup> June 2015.

**All photography was performed by:**

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## **Our NSS team of Laxmi institute of technology, Sarigam Valsad**



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