



Indian Institute of Information Technology, Surat

भारतीय सूचना प्रौद्योगिकी संस्थान, सूरत

(Institute of National Importance under Act of Parliament)

Report on 10th International Yoga Day

21st June 2024

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

10th International Yoga Day was celebrated by the students and the faculty members of Indian Institute of information Technology Surat on 21st June 2024 with great eagerness and enthusiasm. Director Dr. Rajeev Shorey also joined the International Yoga Day celebration.

The theme for international Yoga Day 2024 is '**Yoga for Self and Society**' and revolves around self-enlightenment. This year's theme of international yoga day focuses on Yoga, a transformative practice, representing the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment for self & society.

The function began with a brief introduction of Yoga Day by Mr. Rahul Patel. He explained that regular practice of Yoga helps to achieve better mental and physical health. Mr. Rahul Patel demonstrated Surya Namaskar Asanas and various Yoga Asanas which were performed by the students and the staff members enthusiastically.

The program taught everyone that they should read ancient Indian texts like Patanjali Maharishi's 'Ashtanga Yoga' along with personality development books by international writers. They were encouraged to practice Yoga and meditation on a regular basis for a healthy body and mind.

A special guest of the day Shri Heena Chawda, A Yoga instructor from Holistic science, Dada Bhagwan Snakul Kamrej, Surat has Joined for Yoga Day celebration. Miss Heena started with prayer and explained the importance of Yoga in everyday life. She encouraged all to practice Yoga and meditation on a regular basis for a healthy body and mind. She explained the common Yoga Protocol. She demonstrated various Asanas like Tadasana, Vrikshasana, Pad-Hastasana, Ardha chakrasana, Trikonasana, Vajrasana, Ustrasana, Makarasana Etc. with their benefits & cautions.

The function ended with felicitation of event guest Shri Heena Chawda & vote of thanks preceded by National anthem. The program concluded with the recitation of Shanti Mantra and the students and teachers carrying home the message that,

“Yoga is not for only one – it's for everyone, Yoga is not for a day- it's for every day.”

Following are the glimpse of the program of International Yoga Day Celebration.



Students & faculty members Performing Yoga Asanas on 21st June 2024, International Yoga Day.



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